



Member training: Healthy Habits



April featured training

Healthy Habits

This session explores the physical, mental, and social aspects of health and wellbeing. Participants will gain insight into the science underlying habit formation and its impact on daily routines. By recognizing existing habits, attendees will identify and discuss how to set goals to achieve their long-term wellness aspirations. The session will also address common obstacles hindering healthy habits while presenting pivotal strategies to facilitate the adoption of new, enduring habits. Participants will learn techniques for building healthy work and family routines that promote holistic health. Moreover, the session will highlight further resources and support systems that can bolster the journey towards sustained wellbeing for everyone.

Learning Points

- Explore the science behind how habits are formed and their influence on daily routines
- Identify and assess existing habits to better align them with long-term wellness aspirations
- Gain essential strategies to overcome common obstacles and build routines that promote holistic health

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p>Recorded sessions</p> <p>On demand (no Q&A)</p> <p>Watch here</p> <p>Short on time?</p> <p>Watch the 10-minute summary here</p>	<p>15th April</p> <p>1PM-2PM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>16th April</p> <p>7AM-8AM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>20th April</p> <p>11AM-12PM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>21st April</p> <p>1AM-2AM Central Daylight Time (with Q&A)</p> <p>Register now</p>
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Space is limited for the live training session options, so advance registration is required.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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