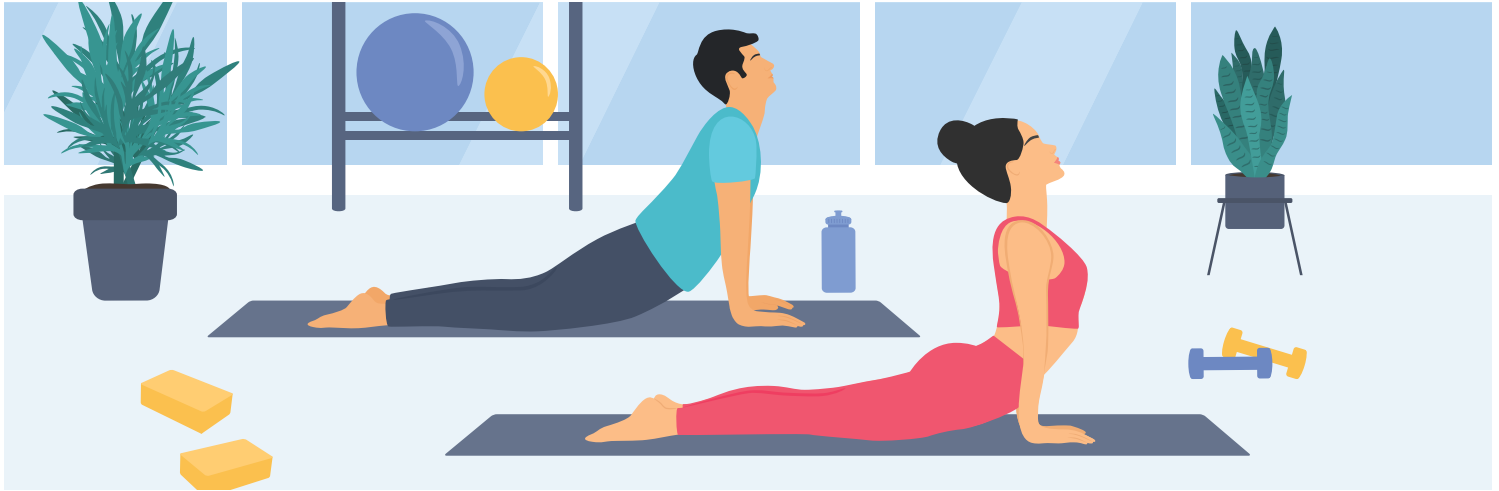


HealthChoice Wellness:

Choose a healthier you!



Your HealthChoice Wellness Program will give you the most up-to-date ideas and opportunities to help you achieve your personal health and well-being goals.

Drawing upon years of health and wellness education experience, your dedicated Wellness Coordinator will offer you opportunities to improve your fitness, eat healthier, manage stress and anxiety, enjoy mindfulness, and sleep better. Make the choice today to put yourself on the path to a healthier life.



Monthly interactive

- Health and wellness challenges.
- Educational presentations.

Learn how to get moving in the right direction to avoid long-term problems.



Clinical Health Risk Assessment (CHRA)

Filling out an online CHRA will help you see how healthy you are and what areas you can improve.



One Pass Select

Starting 10/1/25, get access to our nationwide gym network and thousands of online fitness classes to help meet your health goals.



Online resources

Visit **HealthChoiceOK.com** to connect to wellness tools and guidelines to help support and boost your health and well-being.

Choose a plan that pays you back with knowledge and education to ensure you live your best life!

HealthChoice is partnering with CARE to provide eligible plan participants interactive challenges and activities each quarter.

Q1 January–March

Mindful challenges open year round:

- Stop the Spread.
- Back on Track.
- Wallet Watch.
- Hydrate for Life.

A Step in the Right Direction

Health education video events:

- SMART Health GOAL Setting.
- Where do I even begin? Starting a new health journey.

Q3 July–September

Between a Walk and a Hard Place

Health education video events:

- Ahh My Back! Effective Ways to Fix Back Pain.
- Building muscle to decrease musculoskeletal disorders and increase longevity.

Q2 April–June

April Showers Bring Fit Flowers

Health education video events:

- Nutrition and exercise for diabetics and cardiovascular disease.
- Snap, crackle, pop! How to decrease joint pain through healthy habits.

Q4 October–November

Jingle Bell, Jingle Bell, Jingle Bell Walk

Health education video events:

- Digital Detox! Side effects of too much screen time.
- Turkey coma! Why does overeating during the holidays cause stress and fatigue?



To enroll in online challenges or educational Action Plans, log in to **HealthChoiceOK.com**. From there, choose **CARE Health Center** from the **blue navigation bar** and then select **Wellness activity center**. If you have any questions, feel free to call the Wellness CARE program at **800-323-4314**.