

HMSA Health Education Workshops

WORKSHOP CATALOG



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HMSA Health Education Workshops

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HMSA Health Education Workshops

HMSA Health Education Workshops are in-person, interactive methods to teach members about fitness, nutrition, stress management, and other aspects of health and well-being that can impact physical, emotional and social health. These one-hour workshops are delivered at the workplace to support HMSA employer groups' health and well-being plans.

Contact your HMSA representative if you have questions or want to schedule a workshop. You can also email WorkshopSurvey@hmsa.com or visit hmsa.com/well-being/workshops for more information.

Minimum participation requirements apply. Workshop topics are subject to change.

DISEASE AWARENESS

HEARTY ADVICE

Heart disease is the leading cause of death in the United States. Conditions such as hypertension and high cholesterol can increase your risk. Join us and see how physical activity, smart nutritional choices, and time for relaxation can lower your risk of heart disease. You'll also learn how your cardiovascular system works, what can go wrong with it, and strategies for living longer and better.

HYPERGLYCEMIA EXPLAINED

Type 2 diabetes is a complicated disease with serious health implications. As with many chronic diseases, preventing it is much simpler than curing it. In this session, we'll talk about the basics of diabetes and how you can help prevent it.

HYPERTENSION EXPLAINED

What is hypertension? When does it become a problem? How can you control it? Get answers to these questions and more.

PREVENTIVE CARE

Ever heard the expression, "an ounce of prevention is worth a pound of cure"? It's a great way to approach your health. In this workshop, we'll review the benefits of screenings for diseases that can help women and men.

GENERAL HEALTH

DIGITAL ACCESS TO YOUR CARE

Bring your smartphone or tablet and we'll walk you through the steps to make the most of our digital tools at hmsa.com such as HMSA's Online Care®, Find a Doctor, Check Drug Cost, and more. Your regular message and data rates may apply.

GERM BUSTERS – RELIEF FROM THE COMMON COLD & FLU

Join us for an overview of two common respiratory illnesses. Discuss symptoms, treatment of symptoms, and what you can do to prevent the cold and flu. Activities include a team competition to see who knows the difference between virus fact and fiction.

SWEET DREAMS: THE BENEFITS OF SLEEP

Do you struggle to fall asleep and stay asleep? Do you wake up feeling like you've hardly slept at all? Sleep deprivation has been linked to weight gain and other health problems. Find out how much sleep you need, why you need it, and how to get more and better sleep.

WELL-BEING 101

People often try to make lifestyle changes to benefit their health. Unfortunately, these changes are often hard to make and stick to. Learn how to use the "stages of change" model for making comfortable, lasting improvements. Taking smaller steps can be effective toward becoming more active, eating healthier, and relieving stress.

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INJURY PREVENTION

BACK TO BASICS

Want to reduce your risk of lower back injuries? Join us to learn about good posture and proper lifting techniques. Get information on the anatomy of the back and find out how various conditions can trigger pain or injuries. We'll also teach you some gentle exercises.

WORKSTATION WELLNESS

Do you spend most of your work day in front of a computer? If yes, you're at risk for repetitive motion disorders, poor posture, eyestrain, and perhaps most dangerous – a sedentary lifestyle. Learn how to set up and use your computer to be healthier and more comfortable at work.

NUTRITION

EATING ON THE RUN

Hungry and tempted to get fast food because you don't have anything prepared? Get tips on how to make choices that are "less unhealthy" when you're on the go.

SEASON'S EATINGS*

The holidays are full of buffets, parties, desserts, drinking, and other indulgences. Moderation is the key word as we discuss strategies to maintain your weight and health while still enjoying the festive season. Learn how container size, design, and snack placement can influence your eating habits. **Offered only in November and December.*

SUPERMARKETING!

Making healthy food choices can be simple if you shop with a plan and are aware of clever marketing techniques. Learn how to read nutrition facts labels so you can make healthier choices and be a savvy shopper.

PHYSICAL ACTIVITY & EXERCISE

EXERCISE OPPORTUNITIES

This session will demonstrate simple and safe exercise that you can do at work or home in lieu of traditional weight lifting. This ends with a gentle chair yoga flow to help you decompress from daily stresses and refocus.

FIT: TO BETRIED

Exercise can help you feel, function, and sleep better. But how do you exercise effectively and consistently? In this session, we'll review how to plan workouts that meet standards of frequency, intensity, and time (FIT). We'll discuss cardio, strength training, and stretching—you might be surprised to learn how simple it is to make them part of your weekly routine. While this isn't an exercise class, you'll have the chance to try some exercises.

MIND YOUR MUSCLES

Are you physically active but want to improve your fitness even more? Review basic muscle anatomy and discuss how to get stronger. We'll practice strength training exercises that you can do at home.

STRESS MANAGEMENT

STRESS BUCKET

Each of us has a certain amount of stress we can hold before it's too much to handle. Knowing how to drain this stress is crucial for preventing high blood pressure, anxiety, and other health conditions. Learn practical, enjoyable ways to lower the volume of stress in your bucket.