

# Improve Your Well-being



## Small lifestyle changes and accountable goals.

Daily Habits is a tool from Sentara Health Plans, powered by WebMD® Health Services, to help you achieve your health goals and stay excited about healthier living—all from the convenience of a desktop or mobile device. Track your activities online and watch the progress indicator to stay engaged with a variety of healthy actions.

### Choose activities that suit your lifestyle:

**Enjoy Exercise**—create a weekly activity plan, learn about new exercises, work toward your goals, and start other healthy habits.

**Balance Your Diet**—learn how to resist unhealthy urges, prepare healthy meals for the week, and make nutrition work for your lifestyle.

**Keep Stress in Check**—fight anxiety with exercise, find time to enjoy yourself, and learn new techniques to manage stress.

**Lose Weight**—keep an online food journal, learn new exercises, work toward your goal weight, and start other healthy habits.

**Quit Tobacco**—unlock helpful tips for quitting, lean on friends for support, tap into counseling, and take other steps to help you overcome tobacco addiction.

**Cope With the Blues**—set a plan to overcome depression by practicing mindfulness and healthy habits.

**Sleep Well**—start a bedtime routine, create a sleep-friendly space, gain tips to improve sleep, and begin other healthy habits.

**Back Pain**—begin a plan for simple flexibility and strengthening activities, and learn how to support a healthy back.

### You can access this tool from the Sentara Health Plans website:

- Sign in at [sentarahealthplans.com/mylifemyplan](https://sentarahealthplans.com/mylifemyplan).
- Select Wellness Tools from your MySentara menu on the left side of the screen to navigate to your personalized WebMD Health Services home page.



For more information, visit:  
[sentarahealthplans.com/mylifemyplan](https://sentarahealthplans.com/mylifemyplan)

Engage with Daily Habits and be your best while managing a health condition such as diabetes, coronary artery disease, chronic obstructive pulmonary disease (COPD), heart failure, or hypertension. Make daily plans for making healthy food choices, staying physically active, and taking your medications and scheduling regular visits with your medical provider.