

Wellness programs

Empowering employees to live healthier lives



Small changes can make a big difference. That's why Sentara offers MyLife MyPlan. This personalized health and wellness program encourages individuals to build healthier habits into their daily lives. It's part of our mission to improve health every day.

Our approach

MyLife MyPlan wellness programs and services are customizable to each employee's objectives, flexible to engage at their own time and pace, and accessible in a variety of formats so individuals are more likely to adopt healthy habits for life.

Services

Wellness portal powered by WebMD

- State-of-the art personal health assessment
- Daily habits, including personalized advice, exercise plans, and nutrition coaching
- Personalized health coaching
- Enhanced programming to include financial wellness, streaming movement programs, and resilience tools

Sentara Employer Solutions



Clinics



Occupational health



Behavioral health



Wellness programs



Care management



University/
student health



Executive health



Sentara Health Plans

Services (continued)

Self-paced programs

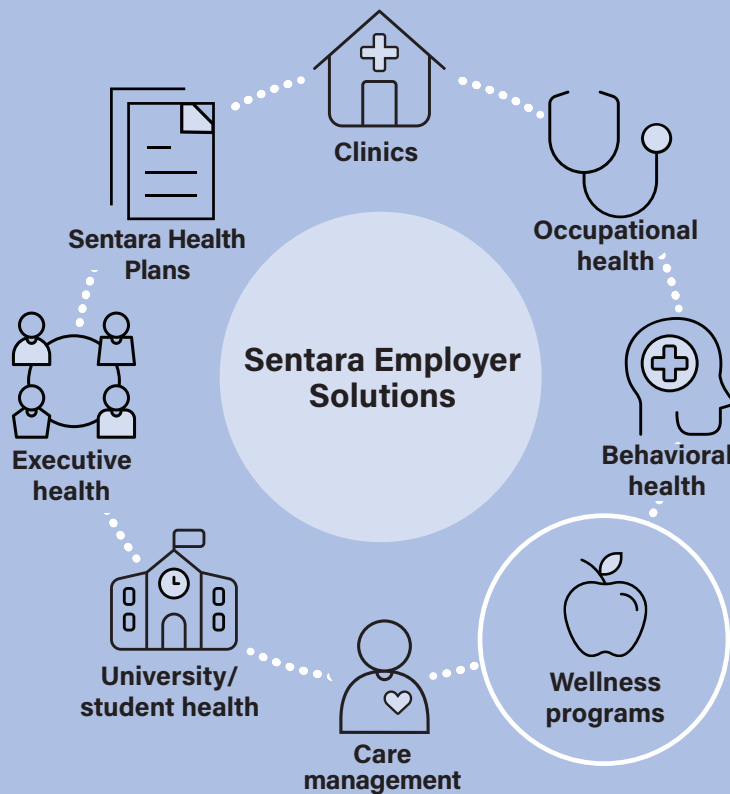
- Tobacco cessation
- Chronic disease prevention, including diabetes and heart disease
- Movement and fitness programs, such as MoveAbout, Qigong, and yoga
- Prompts to make healthy food choices
- Support for healthy sleep and stress management

Incentive program management

- Support in the design and implementation of custom well-being programs

Custom employer services

- Onsite health screenings and flu immunizations
- Outreach events
- Digital lunch and learn series
- Prediabetes program – diabetes and heart disease prevention



Let's discuss how Sentara Employer Solutions helps organizations support their most important asset—their employees.

Katharine LeHew
kxlehew@sentara.com • 757-785-0502