

# Improve Your Well-Being



## Small lifestyle changes and accountable goals.

Daily Habits is a new tool from Optima Health, 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 stress with exercise, find time to enjoy yourself, and learn new techniques to manage stress.
- **Lose Weight**—keep an online food journal, learn about new exercises, work toward your weight goal, and start other healthy habits.
- **Quit Tobacco**—learn helpful tips for quitting, lean on friends for support, go to 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**—set a bedtime routine, create a sleep-friendly space, learn tips to improve sleep, and start other healthy habits.
- **Back Pain**—set a plan to take part in simple flexibility and strengthening activities, and learn how to maintain a healthy back.

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

## You can access this tool from the Optima Health website:

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

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

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