

Online Wellness Programs

Scott and White Health Plan wants to help support healthy choices by providing individual personalized plans that fit your life and needs. These plans can include any of the following lifestyle management programs:

Balance - Manage Your Weight. Your mind, body, and food habits are all key to managing your weight. Balance addresses all three to help you reach your goals and maximize your energy.

Nourish - Eat Healthier. Helps you improve your eating habits and your overall relationship with food, one bite at a time.

Relax - Deal with Stress. Puts your sources and symptoms of tension under a microscope, then unveils strategies to help keep you calm under pressure.

Breathe - Quit Smoking. Gives you the skills to help conquer your cravings and say “goodbye” to cigarettes for good.

Care for Depression. Provides individualized help in the setting and at the time of your choice.

Dream - Sleep Better. Short on energy and focus during the day? Dream is packed with research-based strategies for conquering sleepless nights.

Care for Your Health. Be the quarterback of your healthcare team, not a spectator. Care for Your Health reveals tactics and secrets to help you handle any chronic condition.

Care for Pain. Your pain is unique and so is the way you respond to it. Care for Pain helps you focus more on the things that matter most to you.

Move. Be more active by sneaking movement into your routine. Move can help inspire anyone – even an exercise rookie – to get up, get moving, and get healthier.

To participate in any of the Lifestyle Management programs, visit trs.swhp.org/health and log in. You will be redirected to the Wellness platform where you can click on the Coaching link. Be sure to check back often; programs are updated on a regular basis.



Scott & White
HEALTH PLAN

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