

# CDPHP® Workplace Health Program Topics

## Health Education

- ▶ Blood pressure and cholesterol management
- ▶ Medical self-care/management
- ▶ Musculoskeletal health
- ▶ Preventing and managing diabetes
- ▶ Asthma and lung health
- ▶ Understanding biometric values
- ▶ Weight management

## Nutrition

- ▶ Budgeting and shopping for healthy eating
- ▶ Eating for heart health
- ▶ Healthy Holiday Eating
- ▶ Label reading and portion control
- ▶ Mindful eating
- ▶ Nutrition “hot topics”

## Employee Challenges

- ▶ Managing and maintaining weight
- ▶ Stress management
- ▶ Walking and running basics
- ▶ Step-based
- ▶ Healthy eating

## Physical Activity/Fitness

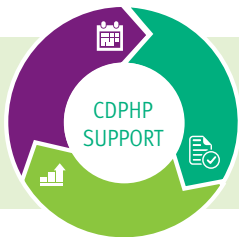
- ▶ Exercise “hot topics”
- ▶ Movement-based classes
- ▶ Physical activity and fitness basics
- ▶ Understanding the effects of being sedentary

## Wellness

- ▶ Communication and conflict resolution
- ▶ Financial health
- ▶ Practicing stress-reduction techniques
- ▶ Self-care for caregivers
- ▶ Sleep hygiene
- ▶ Stress management
- ▶ Time management
- ▶ Work-life balance

## Health Promotion Campaigns

- ▶ Flu shot education and promotion
- ▶ CaféWell® promotion
- ▶ Cancer screening awareness
- ▶ Diabetes awareness
- ▶ Mental well being
- ▶ Personal Health Assessment awareness
- ▶ Physical activity tips and motivation
- ▶ Preventive health education and wellness awareness
- ▶ Women’s health



Programs, challenges, and campaigns are available in a variety of lengths and formats. Please talk to your CDPHP worksite engagement manager today about which programs are right for your employees.



**A plan for life.**