



Online Health Coach Programs

[oxfordhealth.com](https://www.oxfordhealth.com)





Overview

Our online health coach programs create personalized health improvement plans that help activate and encourage you to embrace behaviors that can lead to a healthier lifestyle. Each highly interactive online coaching program lasts five weeks and provides support every step of the way. Weekly to-do lists, tools and trackers, slide shows, meal plans, and messages, made just for you, are designed to keep you motivated. We strongly encourage you to opt-in to these valuable resources that are available at no additional charge.

We recommend that you consult your physician and complete the online health assessment before beginning one of our online coaching programs. Our 52-question health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete, and your responses are used to help create a customized online experience. Use the health assessment to identify your personal health needs and “lifestyle score,” learn healthy habits, and access health improvement resources.

To access the online health coach programs or the health assessment, log on to **oxfordhealth.com** and click on the Health & Wellness tab.



Smoking Cessation

This five level program is tailored to your individual smoking habits and needs. You'll begin by setting a "Quit Date" and then continue with a staged approach to quitting. Plus, you'll receive tips on how to quit, smoking cessation information and access to additional interactive tools to help you keep on track to your Quit Date. We recommend that you consult your physician and complete the health assessment before beginning this program.

The program helps you ...

Understand the harms of smoking and benefits of quitting

Identify common obstacles to quitting

Understand nicotine replacement therapy options and nicotine withdrawal

Deal with temptations, find support and prevent relapse

Program features:

Quit Date Selection Tool monitors your progress

Tobacco Tracker helps you monitor the number of cigarettes you smoke

Virtual Tar Jar demonstrates how your lungs are affected by tobacco exposure

Cost of Smoking Calculator shows you the weekly and annual cost of tobacco use

Panic Button helps get you through moments of stress without reaching for a cigarette

Health Quiz: Lung Cancer helps assess your risk

Heart Attack Risk Calculator helps calculate your risk of suffering a heart attack in the next 10 years

Smoking Body Tools shows the impact of smoking on different body parts

Lung Tool shows how smoking affects different parts of the lungs

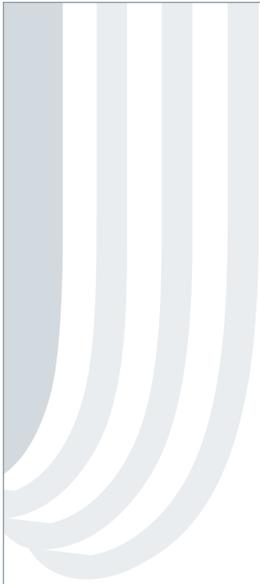
Tobacco Cessation Diary allows you to record your progress

Trivia: Smoking

Motivational support helps you achieve your goals

Progress updates help keep you going

Online tools and messages help reinforce your healthy habits



Heart Health Lifestyle Guide

The Heart Health Lifestyle program is designed for members with heart risks or heart-related illness. This program educates members on heart risks and the importance of good heart health. Participants are provided with strategies to address obstacles they'll face along the way as they improve their heart health. We recommend that you consult your physician and complete the health assessment before beginning this program.

A Staged Approach

If this program is a fit for you, you'll have the opportunity to complete five program levels on the way to improved heart health. Each level takes a minimum of seven days to complete.

- **Level 1:** You'll start by learning about the heart
- **Level 2:** Identify your personal risks for heart-related illnesses
- **Level 3:** Learn how to make the most of your doctor visits
- **Level 4:** Tackle heart risks with a heart-healthy lifestyle
- **Level 5:** Implement a heart-healthy diet and exercise program and create an Action Plan

In order to advance through each stage, you must complete "Action Steps." These steps involve reading the material at each level, exploring interactive tools and improving behaviors.

At the end of each level, you must complete an interactive quiz that evaluates your understanding in order to advance to the next level.

Automated messaging helps keep you on track

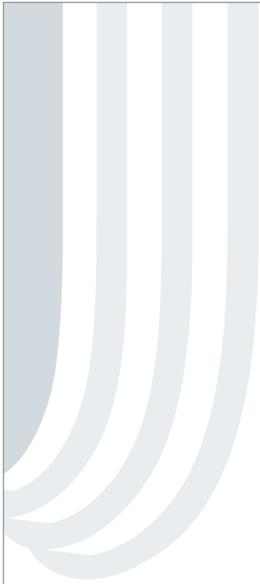
The online health coach will connect you with confidential messaging at each level of the program. These motivational messages will encourage you to review program content and complete your actions steps to help you stay healthy.

Interactive presentations keep you informed

The following educational presentations are focused on topics that matter to you:

About Cholesterol: Explains what cholesterol is, how it affects heart health and how you can improve your cholesterol levels

Heart-Healthy Exercise: Describes exercise that is good for your heart



High Blood Pressure: Explains what blood pressure numbers mean, why these numbers are important and how you can improve your blood pressure levels

What is a Heart Attack: Describes a heart attack, risk factors, symptoms and what action you should take in the event of a heart attack

Tools, trackers and cool features keep you engaged

As part of the program, you'll be able to track important indicators of heart health and interact with engaging tools and features including:

Blood Pressure and Cholesterol trackers provide up to five readings with corresponding dates and times

Medication Tracker & Drug Guide helps you monitor your medications (prescription, over-the-counter, vitamins, herbals and supplements), check for drug interactions, obtain drug information and research online

Coronary Artery & Heart Disease Views: shows what a healthy heart looks like, as well as a heart that has been impacted by hypertension, angina and a heart attack

Heart Attack Risk Calculator indicates your risk of suffering from a heart attack in the next 10 years given your age, gender, smoking status, total cholesterol, blood pressure and relevant medication usage

Salty Food Tool shows the amount of salt in common food items (small bag of potato chips, serving of corned beef)

Heart Action Plan helps you plan for a heart-related emergency by printing out and completing a medical information form; the plan also includes information on the warning signs of a heart attack and when to call 911

Certificate of Achievement recognizes that you have completed the Heart Health Lifestyle program

Quizzes confirm you achieved a minimum passing rate to advance in the program

Other features include a food pyramid guide, calorie trackers, Body Mass Index (BMI) calculator, weight tracker, target and resting heart rate tools



Weight Loss

This program is tailored to your current nutritional habits and general health. You'll begin with a staged approach to learning about proper nutrition and how to plan healthy meals. This program features five levels. Plus, you'll receive personalized nutrition-related information, and access to additional interactive tools to keep you eating right. We recommend that you consult your physician and complete the health assessment before beginning this program.

The program helps you ...

Understand the dangers of being overweight and the importance of healthy eating

Identify ways to lose weight

Track your progress

Plan your meals, stock your kitchen, manage your exercise and keep track of your progress

Avoid temptations and monitor your eating habits

Program features:

Exercise Planner/Tracker creates your own personal exercise routine from over 95 exercises, plus the type of strength training you need

Meal Planner/Tracker creates your own meal plan from a comprehensive list of choices, plus daily meal suggestions

Weight Tracker records your weight over time

Record Your Walking records and charts your walking routine

Set A Target Weight helps you determine your target weight

Body Mass Index (BMI) Calculator helps you find your ideal weight

Calories Burned Calculator

Calorie Burner tracks number of calories burned each day

Food Pyramid

Fast Food Choices provides menu information from seven, popular fast-food restaurants

Resting Heart Rate Calculator

Target Heart Rate Calculator

Portion Sizer shows how portion size has changed over the past 40 years

Food Journal helps you record and track your food "triggers" or temptations

Trivia: Facts & Figures – Nutrition

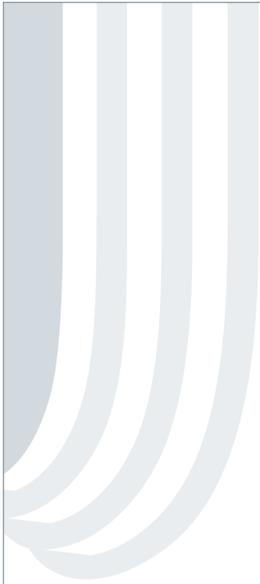
Trivia: Facts & Figures – Fast Food

Trivia: Snacks

Motivational support to help you achieve your goals

Progress updates to keep you going

Online tools and messages to reinforce your healthy habits



Nutrition

This program can be tailored to your individual food preferences and nutritional needs. You can access tips and information on understanding the nutritional content of different foods and interactive tools to help you develop healthy eating plans. We recommend that you consult your physician and complete the health assessment before beginning this program.

The program helps you ...

Understand the basics of good nutrition, including portion size

Understand the food pyramid, popular diets and supplements

Plan meals, shop for healthy foods and avoid temptation

Cook healthier meals

Maintain healthy eating even when eating out

Program features:

Exercise Planner/Tracker assists you in creating your own personal exercise routine from over 95 exercises and various types of strength training

Meal Planner/Tracker helps you create your own meal plan from a comprehensive list of food choices and daily meal suggestions

Body Mass Index Calculator (BMI) helps you find your ideal weight

Healthy Weight Calculator

Heart Attack Risk Calculator

Calcium Calculator

Cost of Drinking Calculator

Calories Burned Calculator provides general number of calories burned when you perform certain exercises

Food Pyramid

Fast Food Choices provides menu information from seven popular fast-food restaurants

Portion Sizer shows how portion size has changed over the past 40 years

Food Journal helps you record and track your food “triggers” or temptations

Health Quiz: Nutrition IQ

Trivia: Facts & Figures – Nutrition

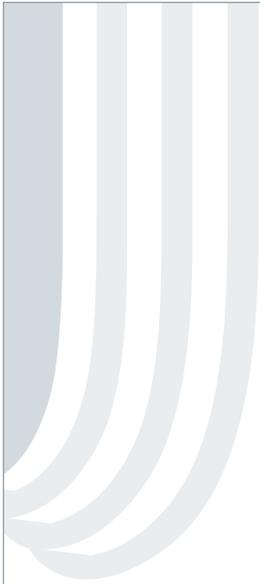
Trivia: Facts & Figures – Fast Food

Trivia: Snacks

Motivational support helps you achieve your goals

Progress updates help keep you going

Online tools and messages help reinforce your healthy habits



Diabetes Lifestyle

This program is tailored to support members with pre, type 1, type 2 and gestational diabetes. The Diabetes Lifestyle program provides comprehensive coaching and tools focused on diabetes basics, the diabetic care team, diet and exercise, meal planning, travel and sick days, and complications. We recommend that you consult your physician and complete the health assessment before beginning this program.

Automated messaging helps keep you on track

The online health coach will connect you with confidential messaging at each level of the program. These motivational messages will encourage you to review program content and complete your action steps that will help you stay healthy.

Interactive presentations keep you informed

The following educational presentations are focused on topics that matter to you:

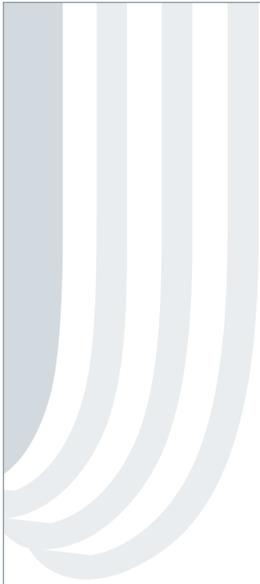
Blood Sugar Emergencies describes the two kinds of blood sugar emergencies (hypoglycemia and hyperglycemia), symptoms of each and action steps in a sugar-related emergency

Diabetes and Exercise outlines the benefits of exercise for people who have diabetes, gives tips on exercising with diabetes and warns when to stop exercising

How to Test Your Blood Sugar describes blood sugar testing techniques

Traveling with Diabetes explains ways to manage diabetes while traveling

Your Foot Care “W’s” reviews three important aspects of diabetic foot care: watch, wash and wear



Tools, trackers and cool features keep you engaged

As part of the program, you'll be able to track your blood sugar and HbA1c levels online. In addition, the following interactive features are provided:

Body Mass Index (BMI) Calculator helps you find your ideal weight

Diabetes Complications Tool shows how diabetes affects various parts of the body

Diabetes Meal Exchange Chart provides the nutritional value and exchange point information on various foods (fruits, breads, meats)

Diabetes Risk Quiz gauges users' risks for developing diabetes

Food Pyramid shows how much of each food group should be eaten based on age, gender and activity level

Diabetes Sugar Bowl shows how certain behaviors (exercise, skipping meals) affect sugar levels

Foot Tool teaches proper diabetic foot care

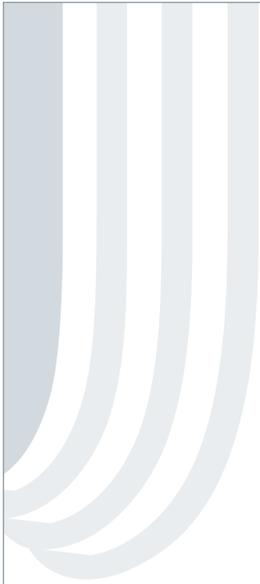
Healthy Weight Calculator shows users their healthy weight ranges based on their height and body frame type

Meal Guideline Tool gives general guidelines on choosing a healthy meal

Trivia: Facts/Figures Diabetes tests users' knowledge on diabetes

Trivia: Insulin tests users' knowledge on insulin

Quizzes require a minimum passing rate to advance through the program



Exercise

This program provides personalized exercise routines to help you meet the challenges of getting in shape. This staged approach to getting fit walks you through five program levels. Plus, you'll receive tips on nutrition, fitness articles and access to additional interactive tools to help you keep your exercise routine for life. We recommend that you consult your physician and complete the health assessment before beginning this program.

Program features:

Weight Tracker helps monitor your weight over the course of the program

Exercise Planner/Tracker assists you in creating and viewing your personal exercise program

Exercise recommendations for the type and length of exercise, plus your target heart rate range and the number of calories you'll burn

Body Mass Index Calculator (BMI) helps you find your ideal weight

Healthy Weight Calculator gives you an ideal weight range

Calories Burned Calculator provides general number of calories burned when you perform certain exercises

Heart Rate Calculator

Strength exercise demonstrations

Quizzes help you advance through the program

Tutorials and slide shows provide information on exercise topics

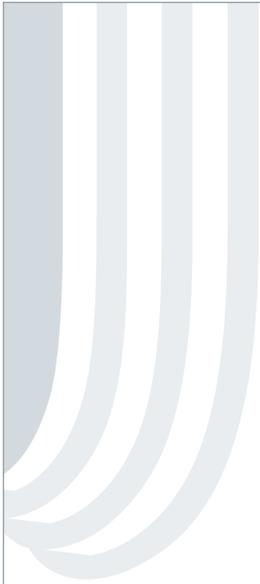
Exercise chart and graphs help you monitor your progress

Online tools and messages help reinforce your healthy habits

To-do lists help keep you on task with your new healthy habits

Motivational support helps you achieve your goals

Progress updates help keep you going



Stress Management

This program is designed to help you manage your stress. This staged approach to stress management walks you through five program levels. You'll begin by identifying your individual stress type and level. We recommend that you consult your physician and complete the health assessment before beginning this program.

The program helps you ...

Understand stress

Identify how you are affected by stress

Cope with your stress type

Understand the roadblocks to managing stress

Plus, you'll receive tips on managing stress and access to additional interactive tools to help you keep your stress levels in check.

Program features:

Stress Tracker monitors if your stress symptoms are getting better or worse

Stress Symptom Checker tracks daily stress symptoms

A Panic Button helps you get through a stressful moment

Breathing Demo shows deep breathing techniques

Self Message Tool helps you identify your own negative thoughts

Time Management Tool

Health Quiz: Stress

Stress Body Tool shows how stress affects various body parts

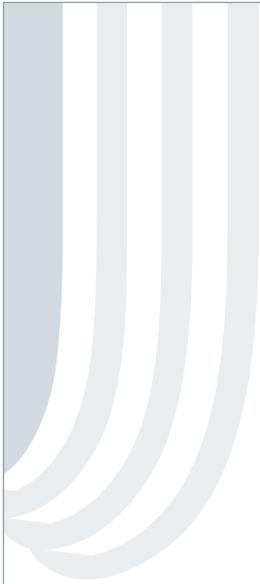
Stress Thermometer helps you judge your stress level and better manage it

Trivia: Stress

Motivational support to help you achieve your goals

Progress updates to keep you going

Online tools and messages help reinforce your healthy habits



All of our online health coach programs can be accessed at oxfordhealth.com by clicking the Health & Wellness tab on your home page. This is also where you can find our health assessment, as well as many other health and wellness related resources. A few of these resources are listed below.

Personal Health Record

Keep track of doctor's appointments, test results and medications by entering the information in your own personal health record. You can even download, print and customize your health summary reports.

Health and Wellness library

Get the latest information on a variety of health and wellness topics, including:

Personalized content based on your condition, life stage or lifestyle

Clinical information on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs

Exclusive articles to help you make sense of the latest health news and trends

Daily articles on consumer health news

The Health and Wellness library is located under "Conditions AtoZ".

Healthy Bonus^{®1}

Find discounts on health and wellness related products, including:

Weight-loss and management programs

Fitness apparel

Fitness equipment

Books and media

And, much more

Click on the *Healthy Bonus* link for more details.



¹ *Healthy Bonus*[®] offers are not insured benefits and are in addition to, and separate from, your Oxford benefit coverage. These arrangements have been made for the benefit of members, and do not represent an endorsement or guarantee on our part. Offers may change from time to time and without notice and are applicable to the items referenced only. Offers are subject to the terms and conditions imposed by the vendor. We cannot assume any responsibility for the products or services provided by vendors or the failure of vendors referenced to make available discounts negotiated with us; however, any failure to receive offers should be reported to Oxford Customer Service by calling telephone number on your health plan ID Card.

Oxford HMO products are underwritten by Oxford Health Plans (NJ), Inc. Oxford insurance products are underwritten by Oxford Health Insurance, Inc. Administrative services provided by Oxford Health Plans LLC.

10046 rev.3

MS-12-976 10/12 ©2012