

Welcome

Congratulations! You have successfully enrolled in the **UPMC MyHealth OnLine Nutrition Program**. Taking part in this program will help you learn to make healthy eating a daily practice.

A UPMC MyHealth OnLine program has many benefits, including:

- Structured readings and activities to help strengthen your resolve, focus your efforts, and gain needed skills
- Convenience (You can complete the readings and activities at times that fit your schedule.)
- Privacy

What this program provides

- A set of **10 online sessions or “phases,”** to be completed over 10 weeks
 - ✓ The most recent facts about nutrition, based on scientific evidence
 - ✓ Guidelines to help you put those facts into practice and improve your eating habits
 - ✓ Readings and seven brief lessons or “steps” to complete (one step per day) for each phase
- Unlimited access to a UPMC Health Plan **health coach** who is a trained *nutrition specialist*. Your health coach can help you get the most from this online program and overcome your unique barriers to reaching your nutrition goals. *Studies show that online programs are more successful when combined with support from a health coach.*

You can call your health coach at **1-800-807-0751** as many times as you need.

After the program

Included with your workbook you will find the **Eating Well for Life Journal**. This journal will help you maintain your progress and stay motivated during the coming year.

You will also receive *three brief calls of support* from your health coach at 30 days, 90 days, and 6 months after you complete the program.

Your first assignment

1. Read and sign the **Eating Well Pledge**. It explains what will be asked of you as you participate in the program. It will also help you make a clear commitment to improving your eating habits. If you like, post the pledge where you will see it often.
2. Begin online with **Phase 1, Step 1**.
 - ✓ Go to www.upmchealthplan.com.
 - ✓ Enter your **user ID** to log in. If this is your first time visiting, select the link next to “New User Registration.” Follow the instructions.
 - ✓ Under the **Maximize Your Health & Wellness** heading in the center of the page, click on the **Work with a Health Coach** link.
 - ✓ Under the **Wellness Programs** heading, click on the **Online Lifestyle Programs** link.
 - ✓ Click on the **MyHealth OnLine Nutrition Program**.

(over)

- ✓ In the pop-up window click on the **Continue Without Enabling Pop-ups** option.
- ✓ Scroll down to the bottom of the **Lifestyle Improvement Program: Nutrition** page. **Click on the Enroll in Full Program** button.
- ✓ Answer all **Meal Planner** questions. Click on the **Submit** button.
- ✓ Click on the **Lifestyle Programs Home** button.
- ✓ Scroll down and under **Next Steps** click on **Nutrition: Phase 1, Step 1**.

You may find it helpful to finish one phase per week by completing one step (brief lesson) each day. This way you will be thinking about your progress every day and will be more likely to stay on track with your goals.

A final note

Doing this work — reading and completing activities — may make you feel as if you are back in school. That's okay! Learning healthier eating habits is just like learning any other skill.