

Scott & White Health Plan (SWHP) Wellness offers a variety of programming designed to meet the wellness needs of our population. Providing a comprehensive suite of effective resources and tools, we provide a tailored experience built on the demands of our members. As we strive to continuously provide the right care in the right place at the right time, it is our mission to promote a healthy lifestyle and empower our members to become an active participant of their healthcare team.

The Wellness Assessment: SWHP provides members with access to a National Committee on Quality Assurance (NCQA) certified online Wellness Assessment as the initial step for identifying the needs of each member and the collective health status of each employer group. Immediately upon completion, members are provided a summary of their responses and their top health risks are identified in their personal health assessment. The personal health assessment also provides a plan of action on how members can utilize the online lifestyle management programs. Online lifestyle management programs are designed by healthcare professionals and are aimed at providing members educational resources on how and why to make healthier choices and personalized lifestyle changes.

SWHP Wellness offers a variety of online lifestyle management programs to assist members with healthy choices. Programs currently offered include:

- **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 – Nourish can help you improve your eating habits and your overall relationship with food, one bite at a time.
- **Relax** – Deal with Stress – Relax puts your sources and symptoms of tension under a microscope, then unveils strategies to help keep you calm under pressure.
- **Breathe** – Quit Smoking – Breathe gives you the skills to help conquer your cravings and say goodbye to cigarettes for good.
- **Care for Depression** – 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** – Care for Chronic Conditions – Be the quarterback of your health care team, not a spectator. Care for Your Health reveals tactics and secrets to help you handle any chronic condition.
- **Care for Pain** – Care for Chronic 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.

Please visit the Member Portal at SWHP.org to access the Wellness Assessment and Digital Health Coaching Modules. The programs are located within the Wellness Programs link.

