

StayWell Programs are available at [Ohealthysteps.staywell.com](https://Ohealthysteps.staywell.com).

If you need help logging in, you can use the “[forgot password](#)” or “[forgot username](#)” link.

Many of the programs below can be found on the **Home** tab. They may also be accessed through the **Programs** tab.

**Learning-Series** - Get better sleep, reduce stress and brush up on financial basics with these learning series.

[21-Day Meditation](#)-Take a tour through the basics of meditation in this enlightening series.

[Mindfulness Series](#) - Looking for some clarity? Check out how mindfulness can improve your state of mind.

[Sleep Series](#) - Get information on how you can get your ZZZs.

[Financial Development Series](#) - Start working on your nest egg today. Brush up on the basics and get it going.

**Self-Directed Coaching** - Self-Directed Coaching is an online tool that tailors itself to you so you can make the health changes you want — your way.

[Stress Less](#) - When life hands you lemons, make lemonade. When life hands you stress, use this stress-fighting aid.

[Control Weight](#) - “Control” is the operative word here. Get tips and tools to take control of your body and your life.

[Eat Well](#) - Learn how to stock your fridge, your plate, and your body with the foods you need to eat well.

[Move More](#) - Walk. Run. Take the stairs, Disco Dance, find the way to move that best fits your body and lifestyle.

**Challenges** – Sign-up today to participate in a wellness program in line with your health and wellness goals!

[Feel-Like-A-Million](#)- A fun, interactive game show theme, you’ll feel like a million as you experience daily rituals to help you feel your best.

**Digital Workshops** - Choose from among a variety of wellness topics for an interactive learning experience which includes an article, video, and quiz; it takes less than 15 minutes to complete.

Cholesterol and Your Health - Your body needs the right amount of cholesterol for good health. Learn how to hit that sweet spot.

The Path to Good Nutrition - A nutritious diet can help prevent certain diseases and help you manage your weight.

Weight Loss Success - Do you want to lose weight and keep it off for good? Learn how to get and keep the weight off for good.

Why Exercise is Important - Exercise is vital to staying healthy. It helps keep your heart and lungs in good health. How do you get started with exercise?

**Helpful Holiday Hints** - This series of workout video demonstrations are paired with your holiday tip sheets.