Weekly Wellness Webinar

Healthy Habits Campaign
July 1, 2025

cigna healthcare

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Agenda

- Reflecting on Healthy Habits Campaign
- Vendor Spotlights: Haum Yoga
- Setting New Goals
- Upcoming Activities
- Resources
- Next webinar

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Healthy Habits Campaign Reflection

Campaign Activities

- Apple-a-Day Challenge
- Nutrition Scavenger Hunt
- Sugar Free Challenge
- Cooking Demo
- Gardenuity Workshop
- Power of Humor Webinar
- 6 Week Fitness Challenge
- 6 Week Productivity and Personal Care Webinars
- Weekly Wellness Webinars

-FAVORITE activity?

-Wins?

-Losses?

-Aha-Moments?

Vendor Spotlight: Haum Yoga

Classes:

- Vinyasa Flow
- Sculpt Flow
- Fire Flow
- Slow Flow
- Foundations Flow
- Recover
- Rest
- Soundbath

[FLAGLER VILLAGE STUDIO | Yoga Studio | San Francisco & Fort Lauderdale]

5 Tips

Tips for Sustaining Fitness Routines After a Fitness Challenge

- Transition and prioritize recovery
- Set New, Realistic Goals
- Mix Up Your Routine
- Find a Support System
- Listen to Your Body and Celebrate Wins

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Tips for Continuing Healthy Eating Practices

5 Tips

- Prioritize Whole Foods
- Meal Planning and Prep
- Practice Mindful Eating
- Gradually Reintroduce Foods
- Focus on Sustainable Habits

Setting New Goals

- **Identify Your Goals**
  - Reflect on your desires
  - Brainstorm potential goals
  - Choose what matters most
- **Make it SMART**
- **Create and Action Plan**
  - Break it down
  - Outline steps
  - Timeline
  - Resources
  - Plan for obstacles
- **Track Your Progress**
  - Regularly monitor
  - Celebrate successes
  - Adjust plan as needed
- **Staying Motivated**

Want to Share Your Health Success Story

Email me with your story to be shared in an upcoming wellness webinar!

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Upcoming Wellness Activities

July Wellness Events

July 9: Sleep Webinar "The Science of Sleep" 12-1pm
July 10: Cigna 101 @ Irrigation
July 11: Cigna 101 @ Aquatic Center
July 14: 4 Week Marathon Hydration Challenge
July 15: Boca Mammovan @ South Side Cultural Arts Center
July 15: EAP Seminar "The Power of Connection: Loneliness" (10am @ Tower 101, 16th Fl.
July 16: Sleep Webinar "Sleep Hygiene and Environment"
July 17: Tropical Financial Webinar "Identity Theft, Fraud, and Cybersecurity" @ 10am
July 18: Onspot mobile dermatology @ FXE
July 23: Angioscreen cardiovascular screenings @ FXE
July 23: Sleep Webinar "Sleep Disorders and Barriers"
July 28: Eyes on the Job vision exams @ DSD
July 30: Sleep Webinar "Food and Movement"

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6 Week Sleep Lab Series

6 Week Sleep Lab Series

Wednesdays 12-1pm

July 9 to August 13

CLICK HERE TO REGISTER

Sleep Lab Series

Sleep is truly the foundation to your health and wellbeing and should be a priority. Participants will act as their own scientists and conduct a self-guided experiment to a better night's sleep. This six-week experiment is a great way to improve their sleep habits; understand the science of sleep; and adopt practical strategies for quality rest. Working on this weekly will ensure that participants not only learn about sleep but also take actionable steps to improve their sleep hygiene. Weekly support will help participants to reinforce, implement and make adjustments along the way to assure a good night's sleep.

1. **The Science of Sleep**
2. **Sleep Hygiene & Environment**
3. **Sleep Disorders & Barriers**
4. **Food & Movement**
5. **Sleep Strategies & Techniques**
6. **Integrate Sleep Practices**

SLEEP LAB SERIES

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Marathon Hydration Challenge

Goal = 64 oz water a day

Registration opens Monday, June 30 and closes Friday, July 18

Sign up in the Marathon Health Portal at **my.marathon.health** by clicking the "Wellness" tab and selecting "Challenges".

Visit my.marathon.health to register.

July 14-August 10

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Q3 and Q4 Wellness Activities

In-Person EAP Seminars @ 101 Tower

- 8/21: "Navigating Back to School Challenges" 10-11am
- 9/24: "Healthy Life Tips for Men" @ Men's Health Event

Large Events:

- Men's Health Event- September 24 @ Galleria Mall from 9am to 12pm
- Health Fair- October 9 @ Carter Park from 10am to 2pm

Site Visit Wellness Topics

- Q3: Financial Well-Being
- Q4: Emotional Well-Being and Brain Health

Want to attend an upcoming wellness event, including in-person EAP seminars?

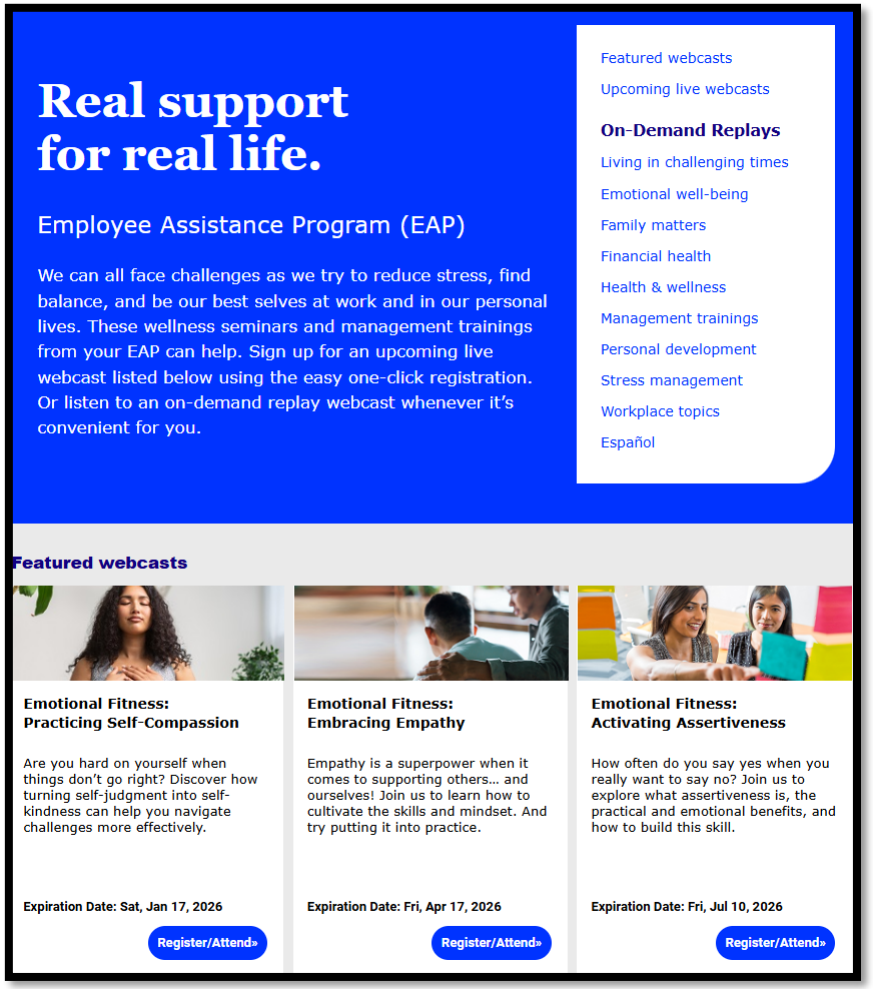
CLICK HERE to browse events on LauderShare. Advanced registration is required.

Wellness Resources

On-Demand EAP Webcasts

Steps to Access:

1. Visit **Cigna.com/EAPWebcasts**
2. Login or create account
3. Find the upcoming live EAP webcast or watch an on-demand webcast



JUL 9	**Refresh, Refocus, Relax: Techniques that Work**	How do we release tension and reclaim balance in our busy days? Join us to discover techniques that trigger the body's natural relaxation response.
JUL 23	**Presenting Your Best Professional Image**	Does your professional image stand out? It's more than just your appearance. Learn ways to be your best in everything at work. English & Spanish

Employee Assistance Program (EAP)

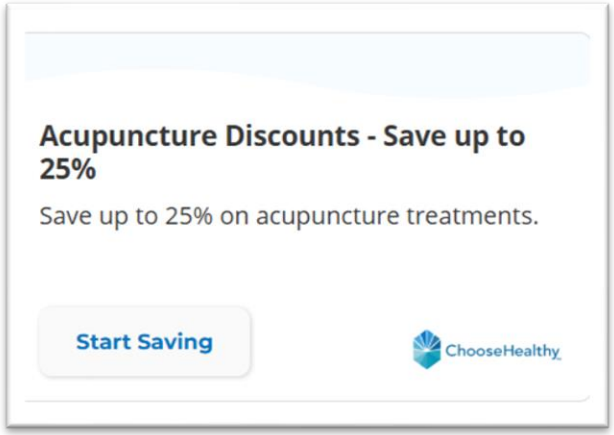
Cigna Healthcare's EAP can connect you with a range of services, including emotional support, financial assistance, home/ life support, and legal assistance.[1]

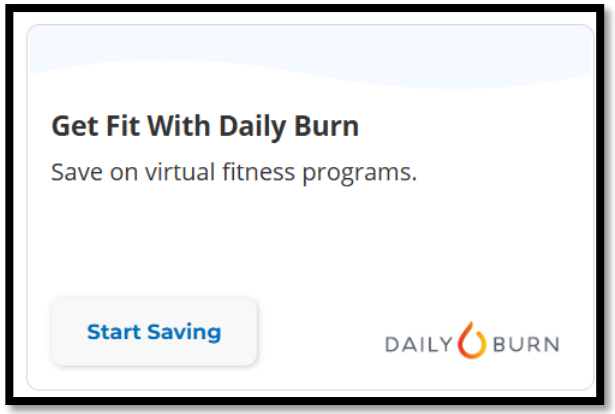
- Connect over the phone or through live chat, and receive a referral to licensed clinicians and consultants
- Provides 10 face to face sessions per issue, per member, per year to connect with licensed clinicians in our EAP network
- Meet with counselors virtually on your phone, tablet or home computer
- Live, on-demand EAP webcasts
- 100% confidential
- Available to anyone in your household
- No additional cost to you

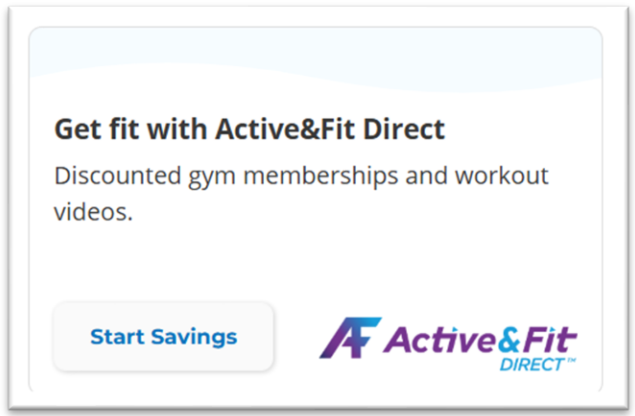
1-877-622-4327

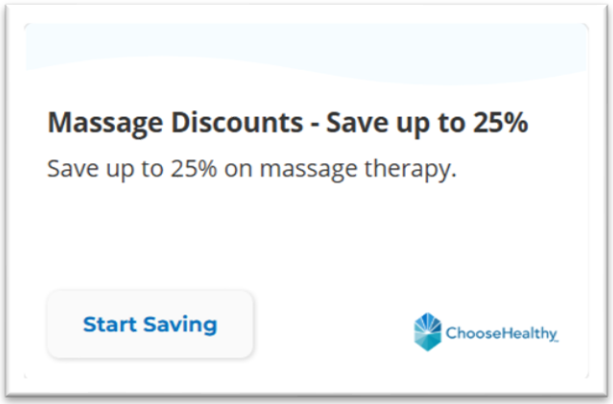
Cigna Healthy Rewards

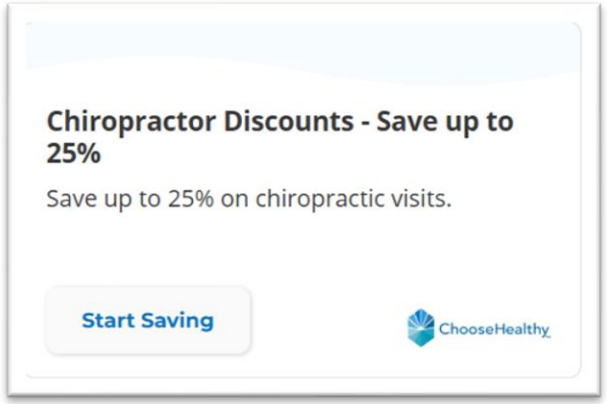
[Cigna Discover Healthy Rewards]











Active and Fit Direct

To get started:
[Cigna Discover Healthy Rewards]

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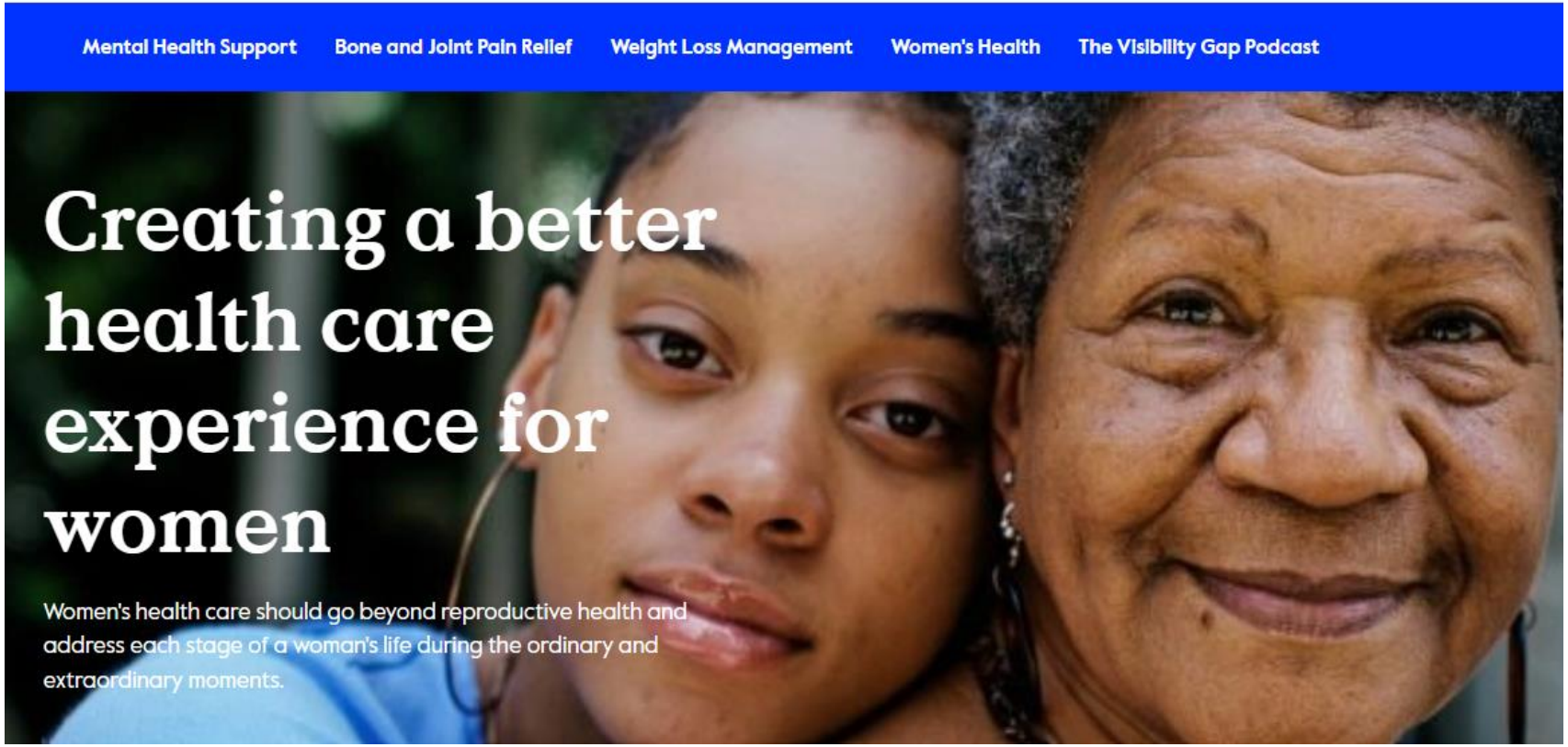
Women's Health Resources

[Women's Health | Cigna Healthcare]



Wellness Resources

3 Month Core Membership Access!!!
Contact Adam.Clawson@Cignahealthcare.com for more information and access code

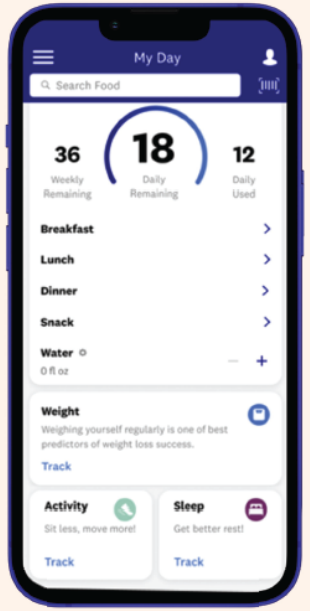
WeightWatchers

As little as 5% weight loss makes a big difference.
Weight loss can reduce the risk for chronic conditions – including type 2 diabetes, heart disease, osteoarthritis, and obesity-related cancers – and ultimately lower your healthcare costs.[1]

anywhere, anytime

Our award-winning app is at the heart of the member's experience, putting anywhere, anytime access at their fingertips.

- Science-backed nutrition plans
- Meal planning tool & recipes
- Tracking features
- On-demand workouts



- 24/7 live coaching
- Members-only digital community
- Audio lessons promoting behavior change
- Mindfulness & meditation resources

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Cigna Healthcare Lifestyle Management Programs

Our health advocates provide personalized support to help you make lasting changes.

- **Weight management:** Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- **Quit tobacco:** Develop a personal quit plan to become — and stay — tobacco-free
- **Reduce stress:** Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life

Use the telephone coaching program for the support you need.

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City's Health and Wellness Center

Located at 4750 N. Federal Highway
Suite 300, Fort Lauderdale, FL 33308

Office Phone#: (754) 206-2420

Hours of Operation:
Mon-Wed/ Fri: 7am-4pm
Thurs: 7am-6pm
Sat 8am-Noon
Closed daily for lunch: 1pm to 2pm

City Health and Wellness Center | City of Fort Lauderdale, FL

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Next Webinar Topics

Wellness Webinars
Stay tuned for official dates….

CLICK HERE TO JOIN

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