

# myHC360+ Pathways

your new self-led educational experience

## DEI Pathways



### Diversity v Inclusion

**Description:** Diversity and Inclusion are two words that are connected, but not interchangeable. However, diversity and inclusion are two very distinct concepts, both equally important. Think of diversity as the "what" and inclusion as the "how." It is possible to be diverse but not inclusive, and vice versa. This pathway will explore the differences between and benefits of each, focusing specifically on how they can be applied in the workplace.



### Stereotyping

**Description:** In this pathway, you will learn about stereotypes and how to navigate them in the workplace. Stereotypes are not inherently good or bad, it all comes down to the actions you take because of them. Organizations, employees, and people in general need to learn how to be more aware of stereotypes and assumptions they make to prevent actions that are non-inclusive or offensive.



### LGBTQ+ in the Workplace

**Description:** Diverse organizations consistently outperform less-diverse competitors in innovation, revenue, and employee satisfaction. In today's workplace, ensuring that inclusion efforts welcome LGBTQ+ individuals is essential for business success. LGBTQ+ is an acronym for lesbian, gay, bisexual, transgender, and queer/questioning. These terms, and the many more that are included in the "+" are used to describe a person's sexual orientation or gender identity. The term is an umbrella term for a diverse community of people. Employers that have inclusive practices for LGBTQ+ individuals gain the support and respect of not only that community, but also of other minority groups that recognize the efforts as an indicator of an overall inclusive work environment.

## Financial Pathways



### Budgeting for Beginners

**Description:** A budget is a plan for earning, spending, and saving money.

Establishing and sticking to a budget isn't easy, but budgeting is the best way to stay in control of your finances. It can be overwhelming at first and you may not know where to start. This pathway is a beginner's guide to budgeting. You will learn what information you need to gather to get started and tools to help you through the process.

## Nutrition Pathways:



### Healthy Swaps

**Description:** You don't have to have perfect nutrition to be healthy. But if we can make some progress with some healthier options throughout our day, it helps! Let's talk about some ways we can make our meal choices a little bit healthier!



### How to Prepare Veggies

**Description:** Getting in enough vegetables can be a struggle. A lot of people don't realize how much you can manipulate flavors and textures of veggies just by how you cook them, and this pathway will help get you started! We challenge you today to do some experimenting with different methods of preparation or use a recipe we give you today and see if you can surprise yourself with some new favorites!



## Physical Activity Pathways



### Exercise 101

**Description:** Exercise is a great way to help our body stay healthy. But where do we start? Join us as we go through the main areas of exercise, how the benefit us, and some tips on how to get moving more!

## Safety Pathways:



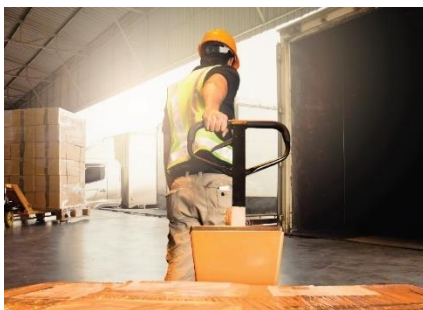
### Distracted & Defensive Driving

**Description:** Every time you get behind the wheel, you have the opportunity to avoid distraction and drive defensively!



### Safety Accountability:

**Description:** It is the responsibility of every manager/supervisor to monitor his or her respective work environment or department. Employees need guidance through example, and the success of a safety program is dependent upon the attitude of management toward employees' safety and health. Management and employees alike all have roles and responsibilities to ensure work is conducted safely and that everyone returns home better than when they arrived.



### Slip, Trip, & Fall Hazard

**Description:** Falls are the most common accidents and often result in disabling injuries. Seemingly innocent office and plant conditions, like a small coffee spill on the floor or a frayed edge of carpet, can cause a serious fall. Learning to recognize and correct slip, trip, and fall hazards is your best insurance.

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#### Winter & Holiday Safety:

**Description:** The winter holiday season is a great time for family and friends. It also has some tremendous risks and safety challenges that can lead to tragedy. With its cold and stormy weather, this time of year poses both indoor and outdoor hazards. Every year, we need to prepare ourselves for these risks to ensure we have a happy holiday season.



#### Eye & Face Protection:

**Description:** What would it be like to do your job without eyesight? When thinking about this, you will probably agree with most experts that eye protection is the most important protective gear you can wear. Yet, year after year, nine out of ten on-the-job eye injuries could have been prevented if the victim had been wearing appropriate eye protection. But, how do you know if you need eye protection? The answer is simple. You need protection if anything in your work area could fly into your eyes.

## Sleep Pathways:



#### Get Some Sleep!

**Description:** Get some sleep! If only it was that easy, right? Most of us know we should be getting more sleep, but it's not always easy to get to bed on time or to make it a priority. Let's talk about why you should make sleep a priority and some ways to get started improving your quantity and quality of shut-eye!



## Social/Community Pathways:



### Nicotine Cessation

**Description:** You've taken the first and most important step. You are here. Whether you have tried many times to quit nicotine and are looking for other ideas to fully quit, or you aren't really even sure if you are ready to quit, you've come to the right place. Quitting nicotine is hard, but you don't have to go it alone. In this HealthCheck360 series, we will help set you up for success through this journey. Let's get started!



### Balancing Work & Life

**Description:** Work can often take precedence over everything else in our lives. Our desire to succeed professionally can even cause us to set aside our own well-being, but if we aren't feeling our best, we won't produce our best work. Work-life balance is the state of equilibrium where a person prioritizes the demands of one's career and the demands of one's personal life to a degree that is comfortable. This coaching pathway will walk through the importance of strong work-life balance.



### Volunteering-How to Get the Most Out of Your Experience

**Description:** Volunteering is an enjoyable and fulfilling experience. It can provide just as much value to you as a volunteer as it does to the organization or community you are serving. However, it is not always easy to find the perfect opportunity with an organization that matches your availability, skills, and goals. This pathway will introduce some of the benefits of volunteering.





### Making Friends as an Adult

**Description:** Growing up, we have school, sports teams, and extracurriculars to fill our social calendars. But as we get older, opportunities to meet new people may seem few and far between. Friends settle into marriages and have children. Work life gets busy. Maybe you moved to a new city recently or are an introvert. And more recently, the global pandemic forced everyone into their homes for months and has made remote work a norm. It might feel like making

new friends as an adult is an impossible task, but it is not. This coaching pathway will take you through tips and opportunities to help you maintain existing and develop new friendships.

## Stress Management Pathways:



### Meditation

**Description:** Meditation comes in all shapes and forms. You can practice it for one minute or one hour, but the goal with any session is the same, to be in the moment, to be aware of your thoughts and emotions, to just “be.”

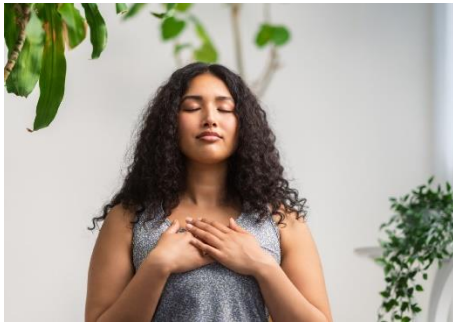


### Putting Positivity into Practice

**Description:** Let's focus mostly about why being positive can be great for your overall well-being. We'll talk about why that is, ways to incorporate positivity into your life as a way of managing stress and maintaining high levels of mental health, and you'll hopefully come away with a few different techniques to try!







#### Self-Care

**Description:** The goal of this pathway to give you all action items to take away with you in order to realistically practice self-care. We'll touch on what self-care actually is, and what it's not. Then we will talk about some realistic ways to practice it in your life. It will cover time management, stress management, nutrition, exercise, and sleep. And in practicing self-care, you will empower yourselves and it will lead to a healthier you, physically, mentally, and emotionally!



#### Time Management

**Description:** Some people say that time is money, but honestly, your time is more valuable than money. Time is an irreplaceable asset, especially in today's fast-paced, competitive world. You can earn more money, but you cannot get more time. Be sure that you spend your time where it matters most to you. This pathway will introduce to you to the concept of time management in the workplace, the benefits of using it, and how to practice time management with various tips.

## Weight Management Pathways



#### Heart Health

**Description:** Heart disease is a serious problem, there is no doubt about that, but it is also something that is preventable in a lot of situations. So let's talk about some of the lifestyle factors that can help prevent heart disease, and help your overall health as well.

