

## 2019 Plan Year

### Approved Health & Wellness Incentive Classes

1. Back Injury Prevention
2. Building Motivation & Morale in the Workplace
3. Caregiving 101
4. Check. Change. Control.
5. Communication Made Easy
6. Conflict Resolution
7. Creating a Great Place to Work
8. De-Escalating Difficult People
9. Documents for Life
10. Four Lenses of Temperament
11. Healthy Aging
12. Identity Theft
13. Keeping the Pressure Down
14. Keeping Your Aging Loved Ones Safe
15. Know More About Pre-Diabetes
16. Making the DASH to Good Health
17. Managing Change
18. Men's Health 101
19. Social Security & Medicare Basics
20. Take Aim... Troubleshooting Diabetes
21. Tobacco Cessation
22. Too HOT to Handle: Heat Related Illness

#### **TO REGISTER:**

Log into Oracle EDP ~ click **CTPA Employee Self Service** on Main Menu. Open EDP **Learner Self Service** and click "+" and then click **EDP Learner Home**. On the right side of page, under "Browse Catalog" click on **3-Health & Wellness**. Select "Wellness Incentive Classes" to view all available classes.