



The Power of Online Education

Access A Variety of Virtual Courses and Learn at Your Own Pace

Want to prioritize your health and wellness but don't think you have the time? Enroll in easy to follow online lessons! Access information on common health topics via a self-directed and flexible learning platform anywhere, anytime. Six Health Tracks introduce you the basics while seven Education Courses advance your knowledge of your health and well-being.

Online courses are available by logging into **MyWellPortal**. Click on **'Health Tools,'** select **'Online Education Center,'** and click **'Get Started'** on the Health Track or Education Course of your choice.



Health Tracks

Over the course of four weeks, navigate your way through foundational lessons that teach practical methods tailored to your health goals.

- Blood Pressure
- Waist Circumference
- Glucose
- Triglycerides
- HDL Cholesterol
- Healthy Lifestyle



Education Courses

Over six to eight weeks, discover the power of knowledge with comprehensive trainings designed to promote a thorough understanding.

- Nutrition
- Physical Activity
- Tobacco Cessation
- Stress Management
- Family Health
- Women's Health
- Financial Fitness

For more info, call 800.882.2109

visit marquette.mywellportal.com
or contact info@mywellportal.com.



My Wellness

