



“On-Demand” Wellness Webinars

Looking for ways to learn more about health and wellness? With HAP, wellness information is just a click away. HAP’s pre-recorded webinars provide an "on-the-spot" way to learn about nutrition, fitness and stress management. These short, information-packed resources are ready when you are and free of charge.

To access the webinars, visit www.hap.org/employers/worksites/webinars.php

Available Webinars:

Are You and Your Family Eating Enough Calcium? <http://cc.readytalk.com/play?id=9ggtu4>

Learn about bone health and the role of calcium in good nutrition and calcium-rich foods.

Eating for Immunity <http://cc.readytalk.com/play?id=6duirc>

Keep your immune system finely-tuned. Learn about foods to include in your diet that power up the immune system and which to avoid.

Eat Right and Save Money Doing It <http://cc.readytalk.com/play?id=cwlps6>

Save up to \$1000 a year while still eating right. Take a virtual tour of the grocery store and learn tips and tricks on making healthy and economical choices.

Holiday Survival <http://cc.readytalk.com/play?id=eag64t>

Take a few minutes to make a plan to tackle the holiday stress with HAP. Get some great ideas for "Shopping Cheats, Exercise Sneaks and Healthy Treats."

Know Your Numbers <http://cc.readytalk.com/play?id=33i3a5>

Do you know your cholesterol, blood pressure and blood sugar? This webinar will teach you why these numbers, and others, are so important to your overall health.



Making Sense of Salt, Sea Salt and Sodium <http://cc.readytalk.com/play?id=cdkov7>

Want to reduce the amount of salt in your diet, but don't know where to begin? Learn to find "hidden salt" in foods and how to create savory meals without the salt shaker.

What You Need to Know about Vitamin D <http://cc.readytalk.com/play?id=9z49gk>

Learn how to get enough vitamin D from food sources and supplements to prevent or reverse deficiency.

Managing Your Medications <http://cc.readytalk.com/play?id=cb9rup>

Three out of four Americans do not take their medications as directed. This practice can lead to additional health issues, costs and possibly a hospitalization. Learn how to partner with your physician and pharmacist to maximize the effectiveness of medications to keep you healthy.

Getting the Most Out of Your Doctor Visit <http://cc.readytalk.com/play?id=cl6dyw>



Have you ever felt rushed during an office visit and left feeling frustrated that all your concerns were not addressed? Learn how to prepare for the next visit so you leave feeling satisfied that you and your physician have a plan of care to keep you healthy.

Label Reading for Positive Eating <http://cc.readytalk.com/play?id=2tqgr5>

Would you like to improve your ability to scan a nutrition label and ingredient list, more skillfully, picking the most positive choices for you and your household?

You will learn seven tips about reading food labels that will help you get in and out of the grocery store quickly, with a stock of healthy choices.

The Fats of Life <http://cc.readytalk.com/play?id=bp6ni6>

Are you puzzled by all the meanings of fat in foods? Dietitian, Zonya Foco will de-mystify this important, but confusing part of our food plan. You'll learn about healthy oils and what foods offer the right kinds of fat.

HAP's Smoking Cessation Programs <http://cc.readytalk.com/play?id=ftkl65>

Let HAP help you quit tobacco! Find out more about the smoking cessation programs and benefits available to members.

Women' Health

Women and Bone Health: Osteoporosis <http://cc.readytalk.com/play?id=2q28ck>

According to the National Osteoporosis Foundation, about one in two women over age 50 will break a bone due to osteoporosis. What can you do to keep your bones strong?

Women and Bone Health: Arthritis <http://cc.readytalk.com/play?id=4crs58>

Arthritis is a group of over 100 diseases that affect the joints and is the leading cause of disability in the United States. There is no cure for arthritis but it can be managed. Learn how with this webinar.

Five Key Health Issues Facing Women Today <http://cc.readytalk.com/play?id=3py86z>

Learn about five health issues facing women today and how to stay healthy by adopting these self-care guidelines.

Women and Heart Health <http://cc.readytalk.com/play?id=35f5qb>

Heart disease is the number one killer of women. Learn how to keep your heart healthy and understand the symptoms of a heart attack.

Women and the Reproductive and Menopausal Years <http://cc.readytalk.com/play?id=49u0m5>

Understand the anatomy of a woman's reproductive organs and the impact that hormones have on our physical and emotional well-being beginning with our reproductive years through menopause.



Domestic Violence - <http://cc.readytalk.com/play?id=9ir7sd>

This is an overview of how to identify domestic violence, the prevalence, and tactics used by the abuser. A list of resources for help is included.

Drug and Alcohol Addiction - <http://cc.readytalk.com/play?id=c97g7c>

Understand the definition of drug and alcohol addiction and the impact that genetics and coping skills have in the recovery process. Several resources are included.

Understanding Depression - <http://cc.readytalk.com/play?id=e7kml5>

Learn ways to identify the stress/depression link and recognize serious signs of distress and when and how to seek care.

Couch to 5K – Fuel the Body - <http://cc.readytalk.com/play?id=9bjyyI>

Learn how to fuel the body for ultimate performance. Includes tips on how to prepare before, during and after the race.

Men's Health

Sexual Health for Men - <http://cc.readytalk.com/play?id=fb1hnt>

Dr. Silas Norman discusses how to identify sexually transmitted diseases, what the available treatments are and how to maintain safe sexual practices.

Getting Physical - <http://cc.readytalk.com/play?id=l7lr9>

Dr. Silas Norman discusses the benefits and best types of exercises to keep a man's body and mind healthy.

Heart Health- <http://cc.readytalk.com/play?id=8o64fl>

Dr. Silas Norman explains how your amazing heart works and how to keep it healthy through proper eating and exercise. He also reviews the signs of a heart attack and the importance of seeking care right away.



Prostate Health - <http://cc.readytalk.com/play?id=2sstqe>

Dr. Silas Norman discusses the location and function of the prostate. Learn how to identify potential problems and ways to keep it healthy.

Introduction to My Hap Wellness - <http://cc.readytalk.com/play?id=7ztpps>

Walk Overview- <http://cc.readytalk.com/play?id=dj9860>

Revive Overview <http://cc.readytalk.com/play?id=fox3mq>

Raising Heathy Children- <http://cc.readytalk.com/play?id=7cskn9>

A pediatrician discusses the cause and long term effects of childhood obesity and offers a healthy lifestyle message through the 5-2-1-0 program.

Diabetes

Understanding Diabetes - <http://cc.readytalk.com/play?id=9v8awr>

Types of Diabetes - <https://cc.readytalk.com/play?id=a88jit>

Controlling Diabetes - <https://cc.readytalk.com/play?id=3mn9i>

*Available topics may change without notice, please check our website for updated materials.
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