



Accept the Healthy Habit Challenge

Mission: Wellness

Stress Management/Self-care Education Instructions

Wellness Portal Technical Support • 800.435.5023, option 2 • <u>support@mybenefitschannel.com</u> Support Hours: 6:00 am to 3:00 pm (Pacific Time), Monday – Friday, except major holidays.





How to Access Stress Management/Self-care Education courses

Step 1 – Go to <u>www.LACountyGetsFit.com</u> and Login.

Click the (1) Wellness Education icon at the top of the page. Navigate to the (2) "Mission: Wellness – Stress Management/Self-care Education" section to see the list of eligible wellness courses.

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Wellness Tutorial Wellness Activities My Wellness Education		
Wellness Center		
	Expand All Collaps	ie All
CWC - Virtual Edition: Body/P ysical Health Live Webinars		
CWC - Virtual Edition: Exerci e/Fitness Live Webinars		
CWC - Virtual Edition: Financial Health Live Webinars		
CWC - Virtual Edition: Me tal Health/Self-Care Live Webinars		
CWC - Virtual Edition: N trition/Food Live Webinars		
CWC - Virtual Edition: pcial/Relationships Live Webinars		
CWC Virtual Edition – Webinar Recordings		
Bission: Wellness – Stress Management/Self-care Education		

Step 2 – Click on the (3) course name to access it.

Mission: Wellness – Stress Management/S	elf-care Education				
CATEGORY	ТҮРЕ	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
Make High Stress Levels History	Elective		0		

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Step 3 – Click the blue **Start Course** button or the green "Take Course" button.

Make High Stress Levels Hist	ory	Help
Note: Using the browser forward/ba buttons in the bottom right of each	ck buttons will not save your progress, so they have been disabled. Plea page of the course to navigate. <u>Click here</u> here for more help navigating	ase use the gray or blue Back/Next g the course.
Table of Contents		Exit Course Start Course
Take Course	Stress is the body's response to any demand or	
	pressure. Get tips on how to reduce and deal with	
	Source: eDocAmerica Health Tip	BREI
	Last Reviewed: October 2023	

Step 4 - Complete the course material. Click the **Next** button at the bottom of the page to move forward through the course.



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Step 5 – After completing the course material, click the blue "**Finish Course**" button.

Make High Stress Levels History	<u>Help</u>
Take Course	Save & Exit Section
Seeking Help	
Stress may manifest itself in a variety of medical and psychological conditions. A nu of diseases including hypertension, irritable bowel syndrome, and chronic headacher have stress as an underlying cause. Anxiety disorders and depression if not caused b certainly worsened by, stress.	imber s may ıy, are
Recognize when you need more help. If problems continue or you are thinking a suicide, talk to a psychologist, social worker, or professional counselor. If you or som you know needs immediate help, please contact one of the following crisis hotlines:	about neone
Disaster Distress Helpline: 1-800-985-5990	
National Suicide Prevention Lifeline: 988 (call or text)	
Childhelp National Child Abuse Hotline: 1-800-422-4453	
Source: eDocAmerica Health Tip	
③ Back	Finish Course ⊘
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You will then receive a "Course Completed" notification, stating that you have fulfilled the requirements to complete the course. Here you can view and/or print your certificate by pressing the "**View Certificate**" button. To exit the course, click the blue "**Exit Course**" button.

Make High Stress	s Levels History	<u>Help</u>
	Course Completed!	
	Congratulations, you have fulfilled all the requirements to complete	
	this course. You may view or print your certificate by pressing the	
	button below.	
	View Certificate	
	Review Course Exit Course	
	Review Course Exit Course	

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