



Supplemental Resources for Women's & Men's Health

AllOne Health EAP Resources

*All of these resources are free to ALL employees (and households) and can be found once logged into the AllOne Health Portal (portal.allonehealth.com). First time user? Create an account and use the one-time company code: duluthmn

Physical Health

- From the home page, select Physical Wellness and find videos to guide you through a short workout, articles on fitness, tips for daily habits, and much more.
- **Wellness Coaching** is also available for all employees. Receive 4 free coaching sessions to help you reach any goal – whether it's fitness-related, focusing on nutrition, managing stress and more.

Emotional Health

- In addition to Mental Health counseling sessions available to you through AllOne Health, there are also webinars, skill-builders, podcasts, meditations, and much more that you can access at any time.

Financial Health

- AllOne Health offers **Financial Counseling** for everything from budgeting and debt payoff, to saving for retirement, tuition, or major life events. In addition, there are articles, videos and a multitude of other resources focused on financial wellbeing.

Launch My Health

Launch My Health is a “nutrition” benefit, free and available to ALL employees (and households), however there are courses that are focused on how food plays a role in our physical and mental health. If you have not logged in before, go to <https://launchmyhealth.com/duluth-splash/> and use the one-time code: duluth

Physical & Emotional Health

- Enroll in Courses that aid your physical and emotional health – whether it's “*Restore Gut Health*”, “*Nutrition for Women's Hormones: Perimenopause & Beyond*”, “*Nutrition for Brain Health*”, etc., these courses are designed to make nutrition & meal-planning/prepping easy and show how food can work with your body, not against it.

Personify Health Journeys

Personify Health (also known as our [Bridge to Wellness Program](#)), is available for all benefit-eligible employees. You do have to [sign-up](#) for the Bridge to Wellness program to access these Personify Health resources.

Physical Health Journeys:

- How to Break Through a Strength Plateau
- Your Guide to Building Strength Without Weights
- A Beginners Guide to Strength Training
- A Beginners Guide to Pilates
- Finding Your Flow: An Introduction to Yoga
- Fitness Playbook for Older Adults
- Adventurous Exercise for Muscular Endurance
- Body Image After Illness or Injury

Emotional Health Journeys:

- How Wonder and Awe Can Change Your Life
- How Gut Health Affects Mental Health
- Letting Go of Perfectionism
- Mental Health Reimagined – 5 Ways to Take Care

Financial Health Journeys:

- Build a Family Budget That Works
- Intro to Retirement Planning
- Investing for Beginners
- Smart Money Advice for 1st Time Homebuyers
- Start Budgeting Like a Pro
- Your Guide to Starting an Emergency Fund

Women's Health Journeys:

- Muscle up for Menopause
- Navigating Menopause & Weight With Confidence
- Menstrual Health: Confidence Thru Every Phase
- Parenting Teens While Going Through Perimenopause

- Real Talk: Menopause
- Thriving Through Perimenopause and After

Men's Health Journeys

- Male Fertility: What You Need to Know
- Lower Risk of Prostate Cancer
- Mental Health Matters: Overcoming Barriers
- Stronger Together: Male Friendship Matters
- Hair Thinning: What to Know and What to Do Next
- The Guy's Guide to Better Wellbeing

Personify Health Media

Physical Health (Sort by Physical Activity)

- Workout videos that include everything from *"Core Strength and Stamina"* to *"Easy Abs"*, *"Energy Flow"* to *"Thriving 30s HIIT"*, and so much more!
- Trainer Tips that include everything from *"Resistance Band Moves for Better Posture"* to *"Self-Myofascial Release Tips for Beginners"*, from *"Why You Should Practice Balancing"* to *"Uplevel Your Walking With Rucking"* and more!

Emotional Health (Sort by Emotional Balance OR Webinars)

- Under the Emotional Balance category, you'll find everything from *"The Power of Reframing Challenges"* to *"A Soothing Menopause Meditation"*, from *"How to Open Up About Your Mental Health"* to *"Relax and Relieve Tension With One Simple Yoga Pose"*, and much more!
- Under the Webinars category, you'll find *"5 One-Minute Reset Tricks to Bring Calm"* to *"What is Mental Health First Aid"*, from *"Real Talk About Men's Mental Health"* to *"Putting the Pause in Perimenopause"*, and much more!

Financial Health (Sort by Financial Wellness)

- Short videos on everything from *"Scarcity Versus Abundance Money"* to *"Thrifting Secrets"*, from *"How to Choose a Financial Advisor"* to *"How to Invest at Every Life Stage"*
- Longer conversations on *"Expert Advice on Savings, Debt and Financial Goals"*

Calm Health

Calm Health is accessible to Medica members for free. It is a mobile app with tools for mindfulness, sleep and more.

Emotional Health

- Explore **Calm Health's** programs that support mental health, chronic illness and life challenges – from anxiety and diabetes, to parenting, retirement, or loss of a loved one. Get help to understand your mental and physical health and how they're connected and find a library of stories and meditations to help with focus or sleep.

Other Resources

These are independent, free resources anyone can access.

Emotional Health

- There are a variety of ways to support emotional health. Whether it's through reading (visit our Library), through nature (visit our Parks), through social interactions, etc., check out our [Mental Health Accessibility Resource book](#) for more information.

Financial Health

- **NCCU (Northern Communities Credit Union)** offers free financial counseling, adult and youth education, and has provided employees this free resource: www.MoneyEDU.org/Duluth

Physical Health

- [Fitness & Yoga Classes on-site](#)