Complete the e-Learning Series:
1. Log into your Wellness Portal (www.chompworksitewellness.com)
2. Click Menu>e-Learning
3. Complete the Pre-Module Survey
4. Beginning with Module 1, you must watch each video and take the quiz associated with each module.
5. After you finish the last module, you must complete and submit the Post-Module Survey

Complete the Webinar:
1. Log into your Wellness Portal (www.chompworksitewellness.com)
2. Click Menu>e-Learning
3. Watch the video and complete the corresponding quiz

E-Learning Series Topics
- Weight Management
- Nutrition for Healthy Living
- The Meaning Behind Your Biometrics
- Your Road Map to Mindfulness

Webinar Topics
- Stress Management and Work-Life Balance
- Diabetes Awareness Plus Sugar
- Understanding Blood Pressure & DASH Diet
- Healthy Eating on the Go
- Sleep – Getting Your ZZZs