

Training Programs

Promoting Lifelong Learning and Supporting Your Organization's Needs

Optum® 

Smarter answers. Stronger bonds.

Care24SM

Care24 is pleased to offer a variety of training programs to help you cultivate a productive learning environment within your organization. These onsite training programs provide information targeted to support business and organizational issues while encouraging good health and well-being

Health and Well-Being

These topics focus on common health issues that affect your employees' professional and personal lives. Offering proactive education through these programs can result in healthier, happier, more productive employees.

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| Breathing Free | <i>An Introduction to Effective Smoking Cessation Techniques</i> |
| Coping With a Chronic Condition | <i>Healthy Lifestyle Choices</i> |
| Gambling | <i>Don't Gamble on Your Future</i> |
| The Healthy Lifestyle | <i>Feeling Good, Feeling Fit</i> |
| Menopause | <i>The Liberating Stage of a Woman's Life</i> |
| Today's Health Care Consumer | <i>Understanding and Utilizing the Health Care Delivery System</i> |

Workplace Toolkit

The human interaction skills addressed in these programs are fast becoming an essential component of your employees' skill set. Increasing awareness and improving your employees' skills in these areas are the common goals of these training sessions.

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| Anger in the Workplace and Beyond | <i>Addressing the Giant of Emotions</i> |
| Beyond the Immediate Aftermath | <i>Where Are We Now?</i> |
| Building Team Skills | <i>Finding Our Common Ground</i> |
| Communication Skills | <i>Creating Win-Win Dialogues</i> |
| Conflict Negotiation and Resolution in the Workplace | <i>A Process for Resolving Discord</i> |
| Critical Incident | <i>How to Prepare for Workplace Traumas</i> |
| Dealing With Difficult People | <i>A Proactive Approach to Improving Relationships</i> |
| Diversity | <i>How to Make It Work</i> |
| M.E.E.T. on Common Ground | <i>Speaking Up for Respect in the Workplace</i> |
| Meeting the Challenge of the Difficult Customer | <i>Respecting the Customer While Respecting Yourself</i> |
| Multiple Generations in the Workplace | <i>Reaching Across the Ages</i> |
| Respect and Positive Interaction in the Workplace | <i>Cultivating and Promoting a Respectful Work Environment</i> |
| Sexual Harassment | <i>Employee Awareness: Identify, Stop, Prevent The Supervisor's Role: Identify, Stop, Prevent</i> |
| Substance Abuse | <i>Employee Awareness: Signs, Symptoms, Impact The Supervisor's Role: Signs, Symptoms, Impact</i> |

Transitions in the Workplace

Employee Awareness: Coping With Change
The Supervisor's Role: Coping With Change
Issues, Impact, Action

Violence in Schools

Violence in the Workplace

Employee Awareness: Issues, Impact, Action
The Supervisor's Role: Issues, Impact, Action

Skills for Life

Programs introduced in this section can help your work force reap benefits in every realm of life, including personal and family life, physical health and career arenas.

Balancing Work and Home

Learning to Juggle Multiple Demands

Dealing With the Aftermath

Help for Coping With Traumatic Events

Depression in the Workplace

More Than Just the Blues

Grief and Loss

Finding Understanding and Compassion in the Work Community

Honoring the Anniversary

Making Sense of Traumatic Events

Healthy Relationships

Making Them Work; Making Them Stronger

Parenting

Raising a Responsible Child

Stress and Life Balance

Attending to Priorities and Finding Your Joy

Stress Management

Understanding and Controlling the Pressures in Your Life

Substance Abuse

Parental Awareness and Tips for Prevention

Time Management

Foundation Skills for Successful Living

Violence in Schools

Parental Awareness and Tips for Prevention

Focus on Tomorrow

The "graying of America" is having a major impact on the American work force. Some employees are approaching retirement; others may be taking care of older parents or relatives. These programs will equip participants with the information and resources they need to meet these challenges.

Coping for Caregivers

Issues and Strategies for Those Taking Care of Aging Loved Ones

Intergenerational Issues

Giving, Taking, Teaching and Learning Throughout Our Lives

What Retirement Means

Implications of a Major Life Transition

If you would like more information about our training programs, please call your Care24 Account Executive.

Sampler Programs

These are 30-minute programs designed to give you a "taste" of what our programs are like.

The Communication Model

Building Bridges

Healthy Living

A Primer