



Schedule a Skill Group Appointment



Join a Skill Group

Skill Groups are live video-based (Zoom) small group sessions taught by program health coaches on topics such as nutrition, exercise, goal setting, sleep planning, coping skills, understanding your biometrics, and more.

Attendance in a skill group is required to earn the monthly \$20 wellness credit incentive. Scheduling your Skill Group Appointment is simple! To begin:

Login to your STATE OF HEALTH account

- Click "Skill Groups" on the left blue menu
- Click "Book Appointment"
- Choose your date and time and confirm the appointment at the bottom of the page

Skill Group sessions are popular and fill up, we ask that if you need to change or cancel your scheduled appointment, please do so to open a spot for another participant.

To change, cancel or reschedule an existing appointment

- Select the date of the existing appointment
- Click on the "... " next to the appointment
- You will then be prompted to cancel or reschedule your appointment

Book Appointment

- ☐ **Exercise Planning 1 Group** 45 Minutes Healthie Video Call or Phone Call
- ☐ **Nutrition Planning 1 Group** 45 Minutes Healthie Video Call or Phone Call
- ☐ **Stress, Coping Skills, & Resilience-building Group** 45 Minutes Healthie Video Call or Phone Call
- ☐ **Sleep Planning Group** 45 Minutes Healthie Video Call or Phone Call
- ☐ **Goal Setting & Emotional Awareness Group** 45 Minutes Healthie Video Call or Phone Call
- ☐ **Healthy Communication Group** 45 Minutes Healthie Video Call or Phone Call

Confirm Appointment Type

Select Date and Time

September 29, 2023
Timezone: America/Denver MDT -06:00

Morning 8:00 AM
Afternoon 12:00 PM

You're booked with Dawn, Program Administrator!
You'll receive an email confirmation.

Details

- Exercise Planning 1 Group**
- Friday - Sep 29, 2023**
- 8:00 - 8:45 AM (MDT)**
- Healthie Video Call**