

E-Learning Wellness Tutorials



CHC Wellness offers X-Plain E-learning through the CHC Wellness website to all screening participants. X-Plain E-learning is provided by the Patient Education Institute and includes highly interactive multimedia presentations that...

Simplify information based on theories of learning and behavior modification.

Use graphics, animations and audio to engage the patient.

Ask questions and gives feedback to verify understanding.

HOW TO VIEW E-LEARNING COURSES

1. Go to www.chcw.com, Login with your username and password.
 - If you do not remember your username or password simply click the *'Forgot Username or Password'* links.
 - Or call 866.373.4242 and a CHC Wellness representative will provide your username and password over the phone.
2. To view an e-learning course click on the 'Follow-up Programs > E-learning. Select a course and begin.

There are over 500 topics to choose from.

Topics include...

Asthma, Back pain, Cholesterol Management, Depression, Diabetes, Eating Healthy, Headaches, Heart Disease, Menopause, Sleep disorders, Smoking, Stress management, What's Prostate Cancer, +100s more.