

Featured Peer-Reviewed Publications

Michell Segar, PhD

Moving Towards Wellness: Physical Activity Practices, Perspectives, and Preferences of Outpatient Mental Health Service Users, *General Hospital Psychiatry* (2018)

Characterizing Employees' Preferences for Incentives for Healthy Behaviors: Examples to Improve Interest in Wellness Programs. *Health Promotion Practice* (in press)

Delivery of Health Coaching by Medical Assistants in Primary Care, *Journal of the American Board of Family Medicine* (2017)

Comparative Effectiveness of Wellness Programs: Impact of Incentives on Healthcare Costs for Obese Enrollees, *American Journal of Preventive Medicine* (2017)

Rethinking Physical Activity Communication: Using Focus Groups to Understand Women's Goals, Values, and Beliefs to Improve Public Health, *BMC Public Health* (2017)

From a Vital Sign to Vitality: Selling Exercise So Patients Want to Buy It, *Translational Journal of the American College of Sports Medicine* (2016)

The Right Why: The Surprising Start to Cultivating Sustainable Behavior Change, *Journal of the American Society on Aging* (2015)

Prescribing Pleasure and Meaning, *American Journal of Preventive Medicine* (2014)