

# WELLNESS COACHING

## How It Works:

- It's confidential, and no cost to you.
- Services are offered virtually or telephonically.
- Four sessions available each calendar year for employees and family members.
- Provides personalized support from our team of wellness experts.



### FITNESS COACHING

One-on-one sessions with a fitness coach to develop a individualized fitness plan.



### STRESS REDUCTION COACHING

One-on-one sessions with a stress reduction coach to help you better understand and effectively reduce your stress.



### NUTRITIONAL COACHING

One-on-one coaching with a nutrition coach for weight loss or other nutritional or health concerns.

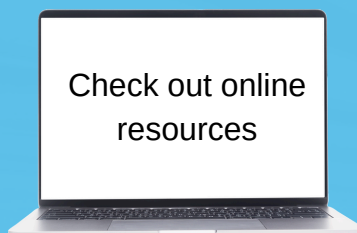


### NICOTINE CESSATION COACHING

One-on-one sessions with a cessation coach for guidance and support with developing a quit plan.

## CONTACT US - WE CAN HELP!

Connect with the EAP and request wellness coaching today!



- Daily Habit Tips
- Fitness Workouts
- Healthy Recipes
- Guided Meditations
- Health & Wellness Articles



888-243-5744



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