

# Have you called a **Wellness Coach**?

You and your family members have access to **Certified Wellness Coaches** through the **Wellness Coaching Benefit** that your employer provides!



Good health is the key to a long, happy life. This comprehensive benefit is designed to help you and your family be as healthy as you can be. Get help for:

- Losing Weight
- Improving Nutrition
- Getting Fit and Increasing Endurance
- Quitting Tobacco
- Reducing Stress

## **Here's how it works:**

*Just call your same EAP toll-free confidential number **(800-252-4555)** and ask to speak to a Wellness Coach.*



Your Coach will then:

- Assess your needs through an in-depth assessment
- Identify barriers to behavior change
- Establish goals and build a personalized plan
- Provide support and counseling
- Refer you to the appropriate support resources (facilities, equipment, etc.)
- Provide regular follow-up to measure improvement and re-set goals as needed

***It's as simple as that!** It's free, it's confidential, and it's available to you and your family members!*



TotalCare EAP  
Public Safety EAP  
Educators' EAP  
Higher Ed EAP  
HealthCare EAP  
Union AP  
TotalCare Wellness

**800.252.4555**  
**[www.theEAP.com](http://www.theEAP.com)**