

Great benefit: your own **Wellness Coach!**



Your employer provides free, confidential access to **Certified Wellness Coaches**

If you thought that access to a Fitness or Nutrition Coach was too expensive, you're in luck. This employer-paid benefit is designed to help you and your family be as healthy as you can be. Get help for:

- ✔ Nutrition and Weight Loss
- ✔ Fitness and Increasing Endurance
- ✔ Reducing Stress
- ✔ Quitting Tobacco, Alcohol or Drugs

You also have access to an online **Wellness Center**

Our online Wellness Center is a self-help resource that is available to you and your family 24 hours a day, 7 days a week.

- ✔ General Health Risk Assessment to give you a snapshot of your current health and health risks.
- ✔ Other assessment tools to learn your risk of diabetes, cardiac issues, depression and other conditions.
- ✔ Hundreds of videos, articles and tools on virtually every health and medical condition.
- ✔ Wellness tools and tips on stress management, diet, nutrition, fitness and smoking.

**It's simple, 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

800.252.4555
www.theEAP.com

Here's how it works

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

Your Coach will then help you assess your needs, establish goals, and build a personal plan.

Your Coach will provide support and coaching until you reach your goals, and will provide referrals to any support resources (facilities, equipment, etc.) you may need.

To access your online Wellness Center,
log in at www.theEAP.com and select the Wellness tile.