

# 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](http://www.theEAP.com) and select the Wellness tile.