

Let us help

Health Coaching

Transform your health goals into action.

With Health Coaching from your Employee and Family Assistance Program (EFAP), you'll receive information and the tools to better understand your health issue. Our health coaches will teach you about the changes needed to be well and stay well, while motivating you to reach your healthy lifestyle goals.

Personalized and interactive support

Through telephonic consultation, our Registered Nurses and Occupational Health Nurses will provide:

- An initial assessment of your health history
- Information about a variety of health conditions and risks including:
 - Diabetes
 - High blood pressure
 - High cholesterol
 - Migraines
 - Asthma
 - Allergies
 - PMS, menopause, or andropause
 - Gastrointestinal concerns (Crohn's Disease and ulcers)
- Goal setting and action planning specific to your issue

Our health coaches can also work with you to create a risk reduction action plan targeting:

- Weight management
- Healthy eating
- Smoking cessation
- Responsible alcohol use
- Stress management
- Exercise as a component of a healthy lifestyle



Connect with us for confidential support or to learn more

Take the next steps towards optimal health with help from your EFAP.

For immediate assistance, contact us at **1.844.336.3136** or visit **workhealthlife.com**.

Health Coaching does not include: diagnostic confirmation or case review; second opinions; referral to physicians, medical specialists or tests; direct interaction with or on behalf of a client with a physician or specialist; complex medical case management; physician locator; and medical treatment compliance.



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