



Engage. Inspire. Thrive.

Wellness Coaching and Nutrition Counseling Now Available via Telehealth!

In response to COVID-19 and the growing challenges employers and their employees will face during this time of uncertainty, we have mobilized 100's of our Wellness Coaches and Registered Dietitians to provide Telehealth services. Now, more than ever, your employees will need personalized support to overcome stress and anxiety and manage competing responsibilities at home with remote work and caring for family members. Let us be that caring, dedicated resource for you!

Wellness Coaching

★ Connect with a Wellness Coach via Telehealth

- Cost often covered by many health plans
- Only pay for utilization, no long-term commitment
- Get the same benefits of in-person coaching with the convenience of a virtual connection
- Personalized support to help employees and their families navigate challenges to better health
- Available for spouses and dependents
- Confidential and HIPAA protected

★ Interested in Virtual Group Engagement and Resources?

- Wellness seminars
- Mindful deep breathing and guided meditation
- Micro-breaks stretching
- Tobacco Cessation classes
- Virtual coaching platform supported by a library of wellness resources
- Wearable device syncing
- Group challenges
- Incentive management and reporting

Nutrition Counseling

★ Connect with a Registered Dietitian via Telehealth

- No cost or co-pays, covered preventive benefit
- Covered sessions with a Registered Dietitian under Independence Blue Cross, Aetna, and Cigna health plans
- Get the same benefits of in-person counseling with the convenience of a virtual connection
- Personalized support to help employees and their families navigate challenges to healthier eating and better overall health
- Available for spouses and dependents
- Confidential and HIPAA protected
- Nutrition Boot Camp customized to meet individual needs
- Support for boosting immunity through healthier eating

Contact Us Today to Get Started:

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