

# A Healthy Start



Healthy Start, a new program that can help you improve your health and well-being is now available as part of your Employee Assistance Program (EAP). Call 800-828-6025 or register online for confidential health coaching on topics of your choice:

## Lose Weight



Whether this is your first or fiftieth attempt to lose it and keep it off, Healthy Start coaches will help you develop a personalized plan to manage your weight. Your coach will help you determine a healthy weight, develop a fitness and nutrition program, and provide you with the motivation you need to succeed!

## Stop Smoking



If you've tried to stop but have been unsuccessful, Healthy Start coaches are Certified Smoking Cessation professionals that offer complete smoking cessation support and assistance to help you kick the habit for good. Your coach can help you understand physical addiction, deal with withdrawal symptoms, overcome obstacles and stay smoke free for life.

## Get Fit



No matter what your fitness level is, Healthy Start coaches will create a realistic and personalized fitness program. Your coach will help you discover the most effective type of exercise for you, determine how long and how often you should exercise, and find local resources for success.

## Prenatal and Postnatal Care



Healthy Start coaches are trained to help you with prenatal planning and postpartum assistance, offering help in areas such as managing common discomforts of pregnancy, birthing methods, determining appropriate testing options, lactation support and postnatal follow up, and nutrition, diet and exercise support.

## Health Self-Management



Healthy Start coaches provide support for a variety of medical conditions and offer referrals to professionals and programs to help you manage arthritis, asthma, back and neck pain, heart health, diabetes, and menopause.

## Complementary Care



Healthy Start coaches offer information and referrals to carefully screened providers such as acupuncturists, chiropractors, massage therapists, dietitians and nutritionists, yoga and pilates instructors, and personal trainers.

For one-on-one personal health coaching call 800-828-6025.

## How to Get Started

To become a member of the Healthy Start program:

1. Go to [www.wellnessworklife.com](http://www.wellnessworklife.com)
2. At the "log - in" page, enter your username and password if you are returning, or
3. If this is your first visit, you will need to click on the "New Member Register Here" banner. Enter your company name in the requested field on the registration page. You will then select a username and password.
4. When you enter the Home Page, click on the "Healthy Start" icon at the top of the page to access the Healthy Start online program.

Register for an online program:

Under Wellness Services (left side bar), click WellWalk, WellWeight, or WellQuit. Read the privacy statement and press continue. Fill out New Member Registration.