

Live Well!

Wellness Program

Live Well Solution's wellness program is designed to provide you and your household members with a comprehensive collection of resources to encourage better health and promote preventive care. We invite you to begin creating a healthier lifestyle for you and your family by participating in the following wellness services:

- **Comprehensive health risk assessment**
- **Telephonic and on-line health coaching**
- **Health screening and prevention programs**
- **Healthy lifestyle classes**
- **Nutrition education**
- **Smoking/tobacco cessation and prevention**
- **Stress management tools and classes**
- **Weight management services**
- **Complementary and alternative medicine**
- **Prenatal care**
- **Chronic illness management**
- **Wellness providers and practitioners**
- **Personal safety and self defense**

Wellness services were developed to facilitate a healthy lifestyle and improve the health of you and your household members.

To Access Services call:
866-831-2181

On-line resources:

Go to: livewellworklife.com

Select: On-line Living Well Resources

- **Contact a health coach to assist with personalized wellness support**
- **Arrange for a confidential visit with a professional EAP counselor**
- **Request a telephonic work/life consultation**
- **Receive assistance with on-line resources**

Crisis services available 24 hours a day, 7 days a week.

