

Get in the Game!

By participating in the onsite health screening and taking the HRA, you took the first steps to living a healthier lifestyle! What did you do with the information you received?

The difference between who you are and who you want to be is what you do.

Much like a baseball coach, a Wellness Coach can help you get over a slump in your career, your health or with your family. Coaching is a proven process that quickly brings results, because both you and your guide are very motivated and are working together on highly focused goals. You benefit by achieving goals faster, creating balance and enjoying the support of your coach whose only goal is your success. Your coach will identify motivators, obstacles and strategies that will lead to healthy living. You need to have a game plan to get and stay healthy so you can enjoy your life to the fullest!

When you have this knowledge, you have more control and can start making simple changes to improve your health.

You can talk to your wellness coach about anything that affects your health! Some topics could include:



Phone Coaching

- Career
- Family/Relationships
- Health
- Work/Life Balance
- Stress

What you put into your personal wellness coaching journey will determine what you get out of it. It begins with you getting clear about what's important to you. What are your wellness goals and what do you hope to accomplish? What kind of support are you looking for? You and your coach will be working together, like teammates, to set and reach your health goals.

People at all stages of health can benefit from coaching.

Now it is your turn up to bat and you're ready to take the first swing. Make an investment in yourself...work with a great Wellness Coach! You can do so in 1 simple step: **Call Ulliance at 1-888-699-3554** to schedule your coaching call. Remember, no individual health information is ever shared with your employer.

A year from now, what will you wish you had started today?