

Health Coaching

Getting help for your health doesn't have to be difficult

Concerned about how your health is affecting your life?

Difficulty coping with symptoms? Unsure where to turn for help?

Need help managing an identified health risk?

Surprisingly, we often allow our health to become an afterthought when daily work and life demands take over. Only when a specific issue, question or concern arises, do we take the time to focus on our health.

Fortunately, your Employee and Family Assistance Program (EFAP) can help you understand health issues and concerns and help you make the changes needed to be well and stay well.

How it works.

It all starts with one easy call. You will speak with a Client Care Representative who will assess your needs and connect you to one of our Health Coaches who can provide:

- **Information and advice** to help you better understand your health issue.
- **Support** to help you become a better educated user of the public health system.
- **Coaching and motivation** to help you make healthy lifestyle changes that can prevent more serious health risks.

The program is a personalized and interactive process tailored to you and your issue. Coaching begins with an initial assessment and review of your health history, followed by objective setting and action planning. Support is provided by Registered Nurses and Occupational Health Nurses to ensure you reach your objectives. The consultations are provided telephonically.

How it helps.

Health Coaches can provide you with information about a variety of health conditions and health risks including:

- Diabetes
- High blood pressure
- High cholesterol
- Migraines



- Asthma, Allergies
- PMS, Menopause, Andropause
- Gastrointestinal concerns (Crohn's Disease, ulcers)

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

Get on the road to optimal health by calling your EFAP:

1 800 387-4765 TTY Service: 1 877 338-0275

Or, for online information and resources, log on to www.workhealthlife.com

Program exceptions 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.