

Advantage Live Well

For the Lifestyle You Live • Well Worth It

Get ready for a new employee benefit: Deer Oaks EAP Live Well Wellness Coaching beginning 9/25/12

Deer Oaks EAP Live Well Coaching connects you with an experienced wellness coach to help you create a customized and achievable wellness plan. The coaches have backgrounds in nutrition, exercise physiology, health education, and life coaching. They work with you individually over the phone in a confidential manner to develop a personalized wellness plan. Coaches are invested in your success and will stay in touch with you to encourage the implementation of your wellness plan.

Live Well provides educational materials along with a web portal with articles, assessments, and wellness tools to support your healthy lifestyle. Clients have access to a personalized coaching web page which includes interactive on-line programs for weight management, smoking cessation, and walking.

Weight Management

Whether you've tried numerous different approaches or are trying to change what and how you eat for the first time, Wellness Coaches will help you develop a personalized weight management plan, covering such areas as:

- Determining an achievable healthy goal
- Planning a balanced diet
- Developing a fitness and exercise program
- Staying motivated

Smoking Cessation

Complete smoking cessation support and assistance to help you quit. Coaching includes:

- Understanding physical addiction, psychological dependence and situational triggers
- Dealing with withdrawal symptoms
- Overcoming obstacles and staying smoke free for life

Fitness and Exercise

Coaches will help you develop a personalized fitness program covering the following topics:

- Identifying personal fitness goals
- Understanding appropriate exercise type and frequency

Health Self-Management

Provide nutrition and fitness support for a variety of conditions such as:

- Arthritis
- Asthma
- Back and neck pain
- Blood pressure
- Cholesterol

What can you expect from your Wellness Coach?

Your coach will:

- Discuss your current state of health
- Determine what has and has not worked in the past
- Assist you in developing realistic achievable goals
- Provide educational materials to support your wellness plan
- Provide ongoing support to help you achieve your goals

