

# Resources *for* Living<sup>®</sup>

## Wellness coaching for “Team You”

We can all use support. So wouldn't it be nice to have someone help you get healthy? Now you can.

Athletes often talk about the importance of a good coach. A coach motivates, encourages, pushes and supports you. And a great coach holds you accountable. Our coaches are on your team and will help you find success.



### Expert support for exceptional results

You can access skilled coaches who've been screened and trained by the Mayo Clinic. Talk to your coach about what you hope to achieve and then make a plan together. Working as a team, you can make small, sustainable changes to achieve big results. Your coach can help you with:

- Weight loss
- Stress management
- Smoking cessation
- Overall life improvement
- Fitness and nutrition
- Chronic conditions

Our coaches have helped others reduce their health risks, develop healthy habits and find results. In fact, surveys show 97 percent of clients were happy with their experience and another 95 percent said they would recommend our coaching service.

Contact your coach by phone or instant message, Monday through Friday from 8:00 a.m. to 8:00 p.m. Your health belongs to you. But you don't have to get and stay healthy alone. Let our coaches help you find the way.

**For more information call your Account Executive or email Sales at [AetnaBH\\_EAPSales@aetna.com](mailto:AetnaBH_EAPSales@aetna.com).**

### The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Mayo Clinic services are provided by Mayo Clinic, an independent third party. Aetna does not monitor or participate in the review of programs or services referred or recommended by Mayo Clinic. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

### What does it mean to have a coach?

Coaches can't do their jobs alone. They work with you, for you. So they'll take time to get to know you, asking about your:

- Strengths and what motivates you
- Wellness goals
- Current health status

As a team, you'll develop a personalized health program. Don't know your goals? That's okay. You'll set them together. Not sure what steps to take? Your coach can help. Want more information? We'll connect you to resources.