



LifeWorks
by Morneau Shepell

Thinking about healthy lifestyle changes?

LifeWorks Health & Wellness Coaching can help.

Maybe you're thinking about stepping up your level of physical activity, or you'd like to start eating healthier with the goal of lowering blood pressure, losing weight, or better managing stress. LifeWorks Health & Wellness Coaching can help you learn how to make important lifestyle changes, and, more importantly, how to maintain the improvements.

Through individualized support from a qualified health coach, you'll learn practical skills and increase your chances of success and the likelihood of long-term maintenance. The program features five specific coaching modules:

- **Stress Management Coaching**
Addresses both general stress and stress related to the workplace such as job-related stress, work relationships, work changes and time-management issues. Become more aware of your stress, how it affects your job, what causes it and develop coping skills.
- **Tobacco/Nicotine Cessation**
Our quit approach acknowledges that nicotine is an addiction, and that quitting is a process. Recent data shows that 70% of participants are tobacco free at graduation.
- **Weight Management Coaching**
Created by health professionals with the understanding that weight management is a life-long commitment to behavioral changes. Incorporates the latest nutritional and exercise recommendations.
- **Sleep Habit Management Coaching**
Supports participants who may be struggling to get the sleep they need with tools to improve sleep and mitigate the effects of sleep deficiency. Examine your sleep habits; identify personal barriers to sleep; and set objectives for lasting behavior change to improve life functioning.
- **Diabetes Prevention**
This program is personalized for individuals who have been diagnosed with high blood sugar levels that are not yet in the diabetic range, or who have concerns about diabetes because of family history or other reasons. Your coach will work with you to establish nutrition and exercise habits to help you reduce your risk.

In addition to topic-specific modules, LifeWorks Health & Wellness Coaching also includes Ask a Coach, a single session approach. The purpose of this unique option is to address questions that do not fit into one of the traditional coaching programs.

Find out more by visiting "LifeWorks Health Coaching" in Quick Links under the Life section of the LifeWorks platform.

How do I access LifeWorks?

By self-sign up: Either access login.lifeworks.com or download the app from the App Store or Google Play (search for "LifeWorks") and click on the "Sign up" button. Keep an eye on your inbox for specific instructions about how to sign up using an unique employee identifier. Once you set up your account, log in to the LifeWorks platform with your unique username and password.

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