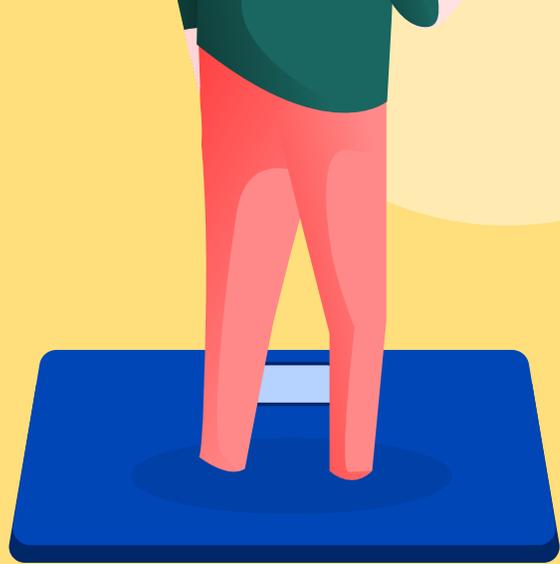




## Looking to improve your health?

Weight Management Coaching from LifeWorks can help.



Whether you're 18 or 58 years old, it's important to take care of your health. If you're trying to eat healthier, lose weight, increase physical activity and reduce long-term risks associated with unhealthy lifestyle choices, **Weight Management Coaching** may be the ideal program for you.

**Weight Management Coaching** is one of five specific health coaching modules available from LifeWorks. This proven effective, comprehensive program provides ongoing, individualized support, guidance, resources, and motivation from a qualified health coach.

### Weight Management Coaching is:

- Designed to help you learn how to make important lifestyle changes, and, perhaps more importantly, how to maintain the improvements.
- Developed by a team of health professionals and based on the latest nutritional and exercise recommendations.
- Centered on a 'one-day-at-a-time' philosophy, while acknowledging that weight management is a life-long commitment to behavioral changes.
- Supported by accompanying resources and tools to help you acquire practical skills for achieving and maintaining a healthy weight, and adopting an active lifestyle – for life!

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.

If you're joining LifeWorks using an invitation code, go to [login.lifeworks.com](https://login.lifeworks.com) or download the app and click on "Sign up."

Your invitation code is:

For example, if your unique employee identifier is 01, your invitation code is:

Download the app now, just search for "LifeWorks".

