

# A Healthy Change

# WellCoach

Alliance Work Partners is proud to offer a program to help you improve your health and well-being. Available to you and your household at no cost to you as part of your Employee Assistance Program (EAP), WellCoach provides confidential health coaching, online tools and programs to achieve your wellness goals.



Make other lifestyle improvements with the help of your very own private health coach!

Personal one-on-one  
**Health Coaching!**

Get Started TODAY!

Call  
**1-800-343-3822**

or

visit your EAP Website

**www.alliancewp.com**

select

**Access Your Benefits**

then

**enter your registration code**

select

**Benefits | WellCoach**

*1<sup>st</sup> time login? Create an account.  
Contact HR or AWP for registration code.*

Feel and look better with  
**WellCoach.**

**Reach your wellness goal!**

**Includes:**

**Weight Loss / Management**

**Nutrition**

**Tobacco Cessation**

**Exercise / Fitness**

**Lifestyle Management**

**Stress Reduction**

**Pre & Postnatal Care**



## Health Self-Management

*programs to help you manage*

arthritis

asthma

back & neck pain

heart health

diabetes

menopause

## Complementary Care

Our coaches offer information and referrals to carefully screened providers such as acupuncturists, chiropractors, massage therapists, dietitians and nutritionists, yoga and Pilates instructors, and personal trainers.



**... and more!**

512-328-1144  
1-800-343-3822  
AM@alliancewp.com  
www.alliancewp.com

alliance work partners  
A **wap** Program



WC-1115

# Get Healthy with Your Own Private Coach!



get fit

healthy baby

lose weight

quit smoking

relax

Feel and look better with Wellness Coaching Services through your Employee Assistance Program at no cost to you. Choose one or more of the following programs that will help you reach your wellness goals with your own private coach

- Weight Loss & Nutrition
- Smoking Cessation
- Exercise and Fitness
- Stress Reduction
- Pre & Postnatal Care
- Health Self-Management including programs to help you manage arthritis, asthma, back & neck pain, heart health, diabetes, menopause, and more!
- Make other lifestyle improvements with the help of your very own private health coach!

Your Health Coach will work with you twice a month for up to 12 months.

**Get started today!**  
**1-800-343-3822**

*We're here for you as life happens ...*

To access WellCoach and your EAP Benefits, simply call 800-343-3822. Website services are available by logging into your customized EAP website:  
[www.alliancewp.com](http://www.alliancewp.com).



alliance work partners  
A **wap** Program



AM@alliancewp.com ♦ 1-800-343-3822 ♦ [www.alliancewp.com](http://www.alliancewp.com)