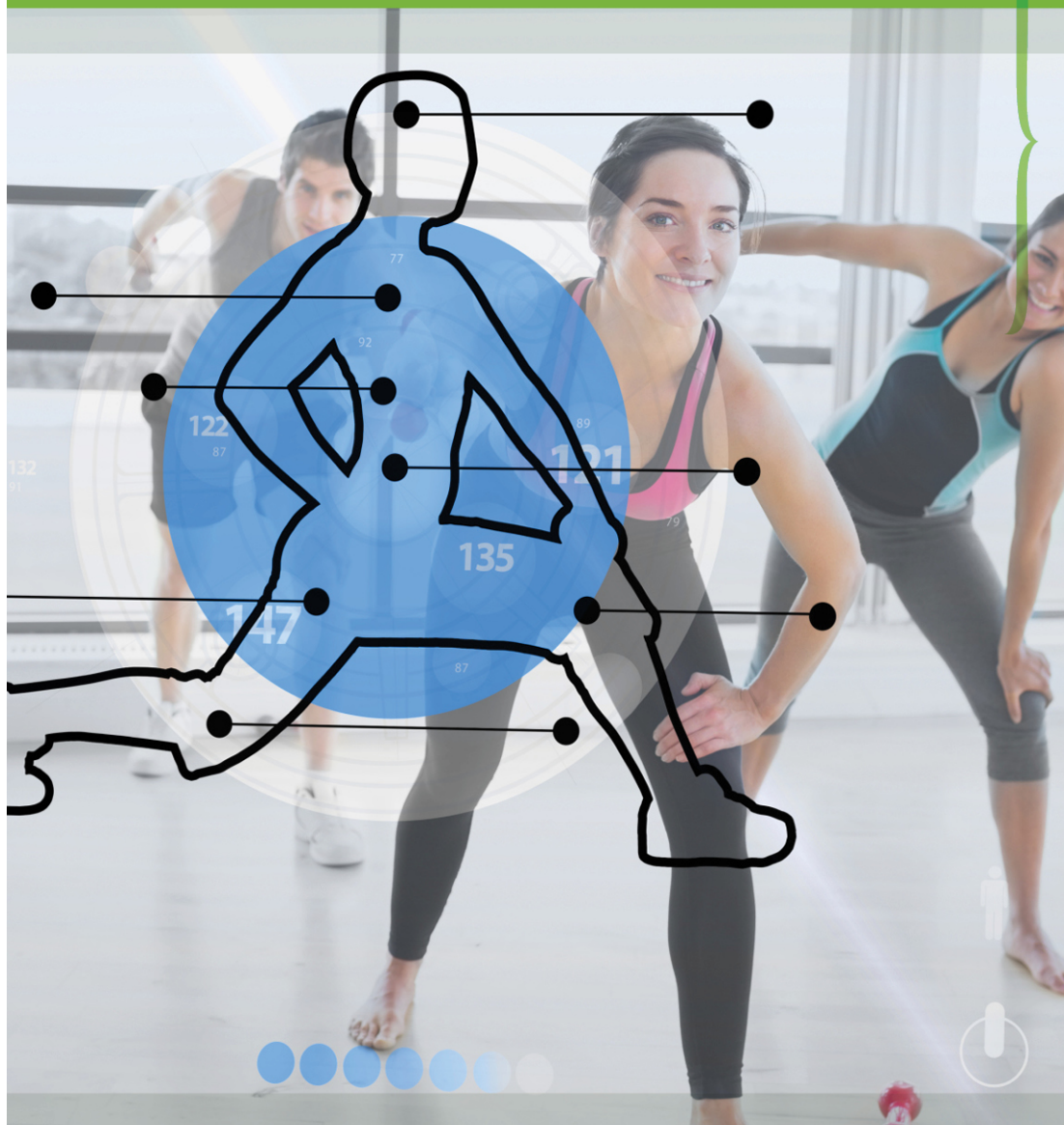


Resources for total well-being

WELLNESS RESOURCES



WELLNESS COACHING

By phone or Web, your Certified Wellness Coach works with you to identify and maintain strategies that support goals such as weight loss, tobacco cessation, diet, exercise, and more.

ONLINE PORTAL

Provides two-way messaging with your coach. It also offers online content generated by the results of your interactive health assessment, articles, videos, a meal plan with recipes, and more

Most of us have some wellness goals we are either working toward, or maybe putting off for later when we might feel more enthusiastic. Whether you are ready now or later, let your employee support program help your efforts with coaching and resources available by phone or Web. Also, be sure to ask your HR or benefits administrator about additional work-life and wellness support your organization offers.

TOLL-FREE: 866-212-6130

WEBSITE: bcares.helpwhereyouare.com

COMPANY CODE: wilsoncares

