

## Did you know?

Each person's journey to wellness is unique. There is no "one size fits all" approach when it comes to addressing health needs and establishing wellness goals. Your Well-Being Coaching program is designed to help you achieve your best self through a personalized coaching experience. Our coaches strive to ensure you are equipped with the tools necessary to take meaningful action toward establishing and maintaining a healthy lifestyle. Work one-on-one with your coach to make positive, lasting change and reach the quality of life you deserve.

### ComPsych® Well-Being Coaching is here to help...

- When you're willing to make positive changes to your health but don't know where to start.
- When you receive your biometric results after a blood draw and don't understand what the numbers mean for your health.
- When you're informed of an existing health risk and need support modifying your health behaviors to lower your risk.
- When you're struggling to overcome barriers along your wellness journey and need some motivation.
- When you want to learn about a specific topic, whether it's digestive health or resiliency, and want to understand how it is relevant to your own well-being.
- When you're trying to incorporate new healthy habits and need to talk to someone who will listen without judgment.



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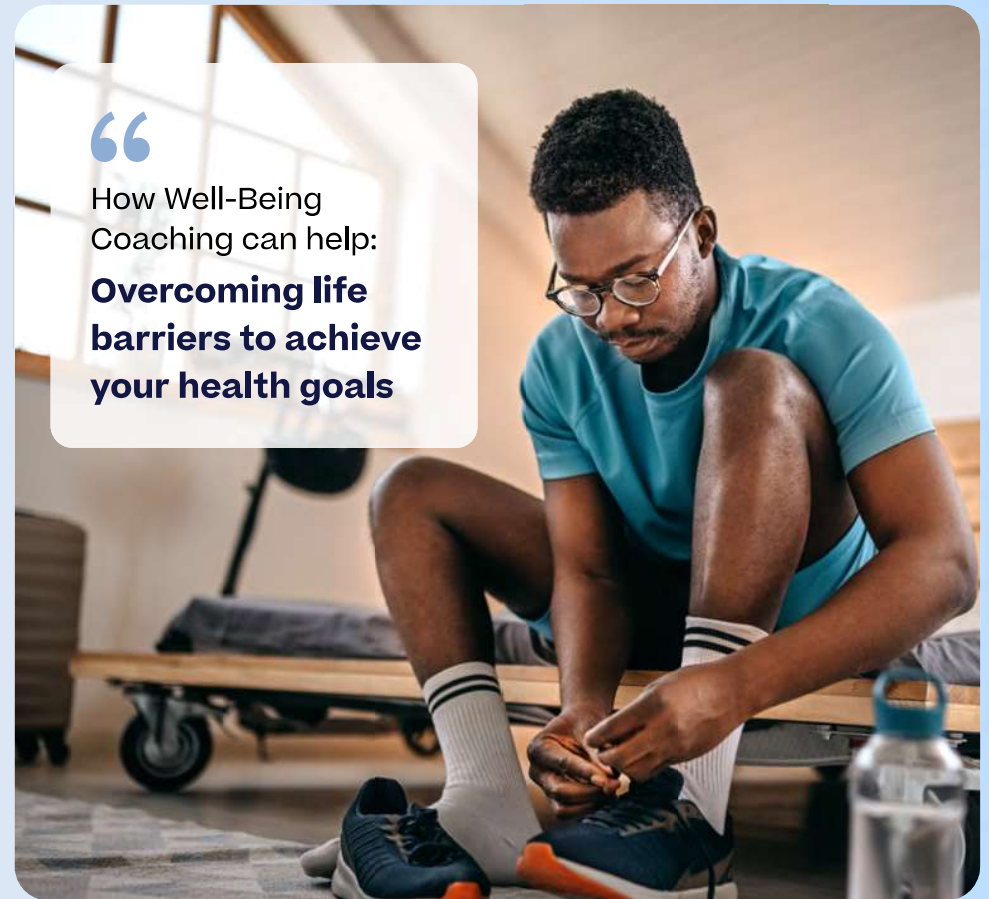
## James was preparing to run his first 5K, but then he encountered some unforeseen obstacles.

### James shares how his program helped:

I have previously used Well-Being Coaching for various topics and I've always found the coaching sessions to be helpful. This year, I originally set out to run a 5K and started working with my coach to accomplish that. She helped me set small and achievable goals and I was well on my way to run the race. Then COVID happened, and my coach graciously agreed to continue working with me, with modified workout plans. She has been greatly valuable in helping me navigate physical and mental challenges during this difficult time. She helps with getting me motivated and staying on track with my goals, even when they are small; and she's someone I can count on to talk to on a regular basis to keep spirits up. Talking to her is one of the highlights of my week. It's provided an outlet during a period when the highly unusual became the norm.



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How Well-Being Coaching can help:

**Overcoming life barriers to achieve your health goals**

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## Elliot had been smoking for more than 20 years when he decided to participate in Tobacco and Nicotine Cessation Coaching.

Read what Elliot has to say about his Well-Being Coaching experience:

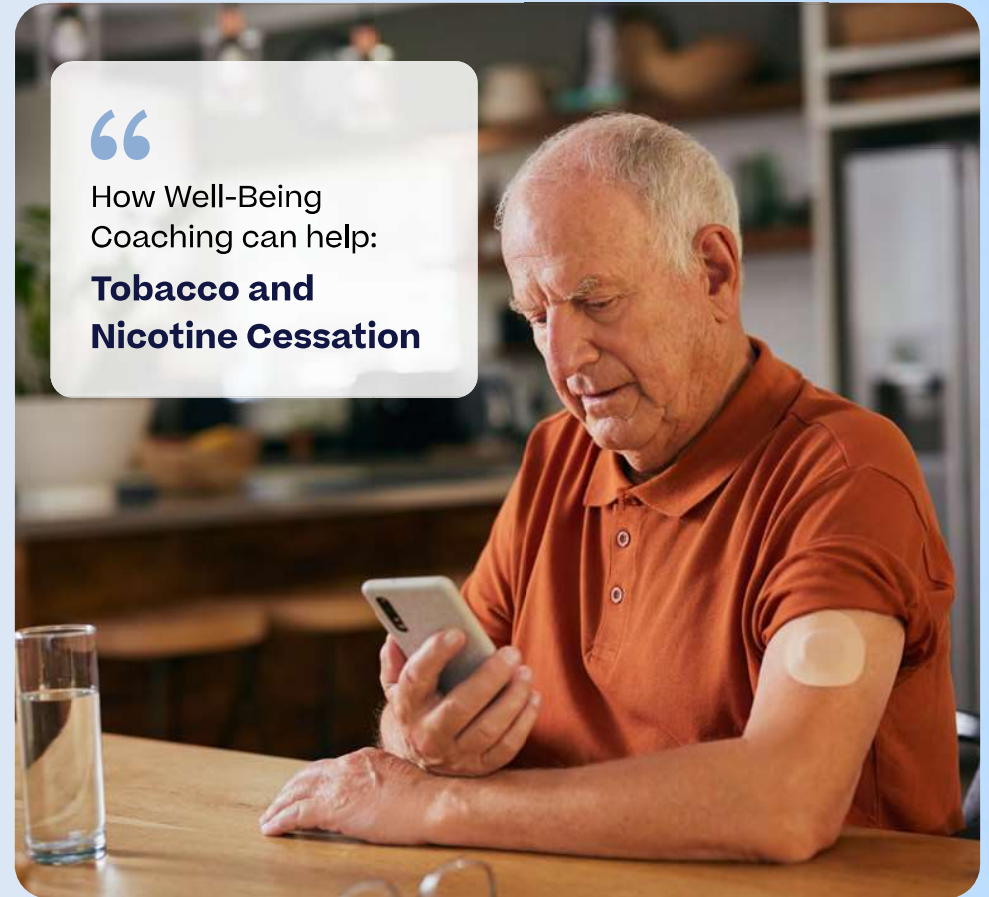
As someone who has been smoking for more than two decades, I am well aware of the associated struggles, health factors, financial cost and perception. What most people don't understand is choosing not to quit is not really much of a choice at all. The addiction is extremely strong, as is the hold it takes on you and the habits and routines it develops.

In the past, I have quit for small bursts but inevitably went back. This program has taught me to think differently, however. It has educated me on why I smoke, what the triggers are and what I can do to help overcome them. In a relatively short time working with my coach, I have reduced my daily smoking intake by more than half. It's been quite an accomplishment, and I feel positive that I can continue improving further.

I don't know for sure what my final outcome will be, but I know that without this program, I wouldn't have made the strides I have to this point. The support and education the cessation program provides is critical. It has given me the tools that I need and has reinforced the importance of never quitting trying to quit.



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How Well-Being Coaching can help:

**Tobacco and Nicotine Cessation**

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## Mark's job required years of repetitive hard labor, and as a result he has dealt with chronic back pain for decades.

Read Mark's story about how Well-Being Coaching helped him:

I just want to give some very positive feedback on a recent coaching program I completed on how to improve my chronic back pain.

I have had chronic back pain for 30 years after repetitive hard labor stressed my back and caused an injury to my lower back. Over that time period I have been to physical therapy and done much reading on how to alleviate the pain. A recent back X-ray showed three degenerative disks in my lower back.

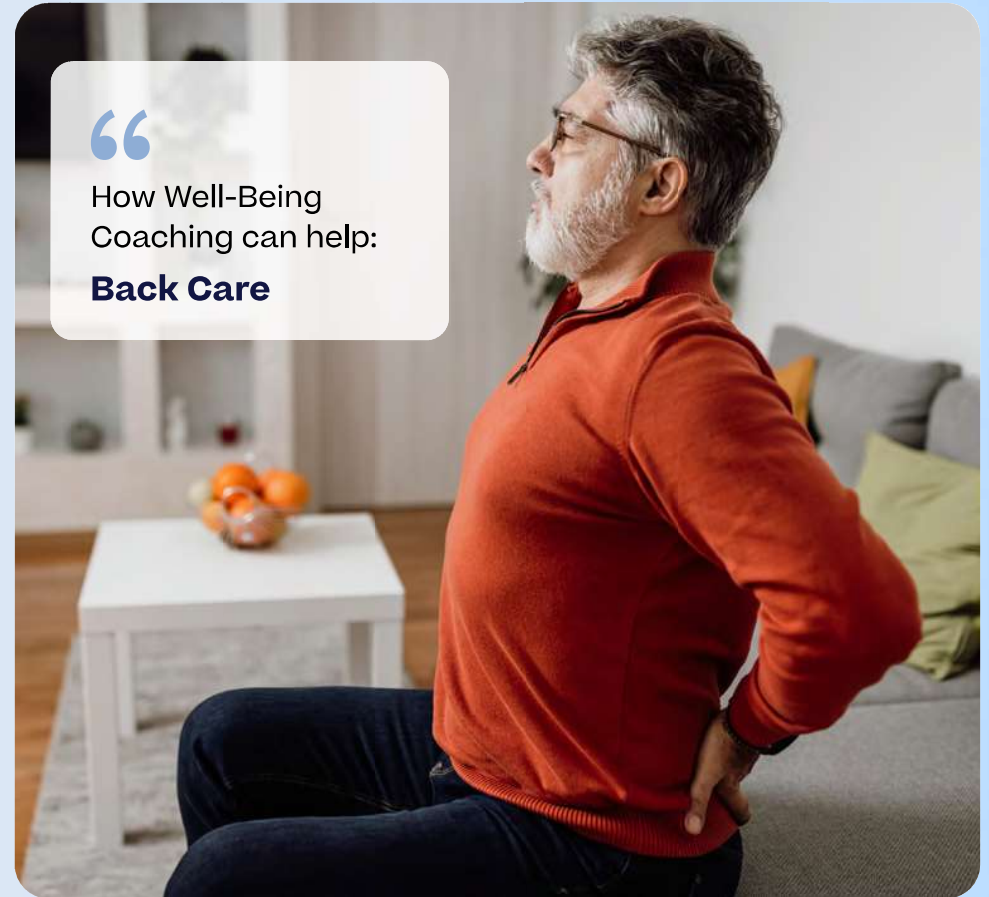
I signed up for the Back Care Coaching Program, and I was really impressed with my coach, who gave me exercises, stretches and lifestyle changes to address my back issues. Over the course of my sessions, my coach provided me with additional resources and recommendations that helped me dramatically and were completely new to me even though I had been researching this for a long time.

This advice benefited me and I am grateful. In fact, I feel so strongly about this benefit from my employer and ComPsych® that during my boss' staff meeting, I shared my personal experience and how I was a firsthand witness to how beneficial this service was. I encouraged our entire team to utilize such a valuable resource.

I want to thank my coach and ComPsych® for making a positive difference in my life.



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**Back Care**

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Although Amy was confident in her ability to eat healthy, she decided to participate in a coaching program because she figured it couldn't hurt to get some reinforcement on what she thought she already knew about nutrition.

Here is what Amy has to say about her coaching experience:

Several months ago I decided to participate in a nutrition coaching program. I considered myself to be very knowledgeable about nutrition, but I figured it couldn't hurt to get some reinforcement. Now I can only chuckle when I think about how much I did not know about nutrition.

For the last few years, I had a need to eliminate certain foods from my diet. As much as I enjoyed these foods, I found I had begun to experience difficulty absorbing them. When I discussed this with my coach, she was not only patient, but a very good listener. She was able to help me in a way where I thoroughly understood why I was experiencing these issues, what likely happened over the course of time, and steps that can be taken to promote healthy digestion. After putting her guidance and help into action, I can say that I feel like a brand new person! I'm able to enjoy my food again without worry or pain but I also have more energy than I used to.

I'm so grateful for my coach's guidance and support. She was very helpful, knowledgeable, supportive, positive, and motivating throughout the entire coaching program. I can't thank you enough for all you've done!



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How Well-Being Coaching can help:

**Nutrition and Digestive Health**

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Mary dealt with a health issue for years and struggled to find anyone who could address her problem.

Mary describes how Well-Being Coaching helped her:

I spent hundreds of dollars on doctors and specialists over many years and tried countless remedies to no avail. My coach helped me conquer this problem I have had for several years, and she truly completely changed my quality of life. My coach is sweet, caring and so very intelligent. I am beyond grateful! I will keep in touch with her to monitor my progress. There are no words for getting my life back and making it better.



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How Well-Being Coaching can help:

**Healthy Aging**



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During his Tobacco and Nicotine Cessation Coaching sessions, Vince realized there were other areas of his health that required attention. Vince was relieved when his coach recommended another coaching topic that could meet his needs.

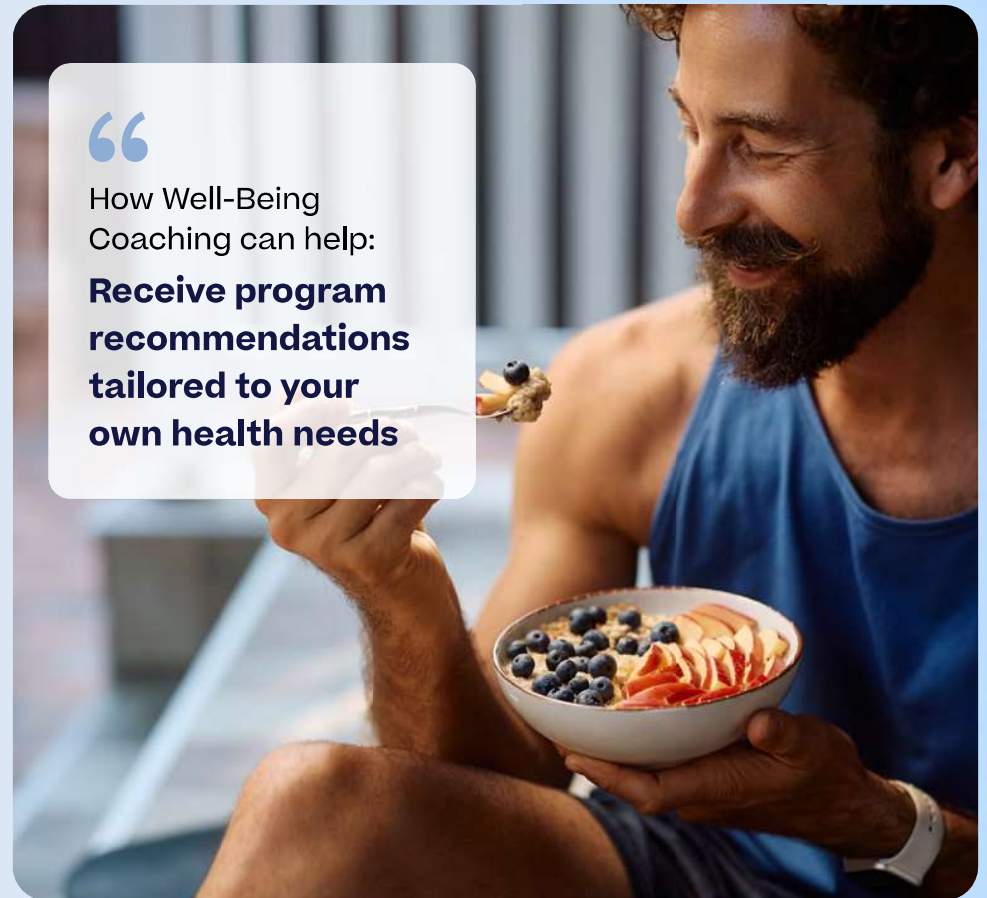
Read what Vince has to say about how Well-Being Coaching helped him:

During my time using Well-Being Coaching, I had such a pleasant experience. I started off using Well-Being services to complete a Tobacco and Nicotine Cessation program. My coach made it very easy for me to accomplish goals. I struggled with the idea of quitting, but my coach made me realize that by simply having the willingness to make change, I already had all the tools I needed. After a few months of coaching, I saw how I was progressing. I was handling my triggers and managing stress a lot better.

While on my journey to quit smoking, my health took a few turns. I spoke with my coach about my need to consult with a nutritionist, and she informed me that the coaching experience allows us to pivot to other topics that are important to us. We changed gears to focus on nutrition and she began informing me about my condition so I could understand the effects of the food I ate. After several sessions she was able to advise me on the kinds of things that would help me to balance my condition and still feel amazing! With every session, I learned so much and I gained so much in my personal life from it. I am so happy. I feel like my coach is an extended part of my family, she always brings good advice and wonderful tips to make every transition easier on me.



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How Well-Being Coaching can help:

**Receive program recommendations tailored to your own health needs**

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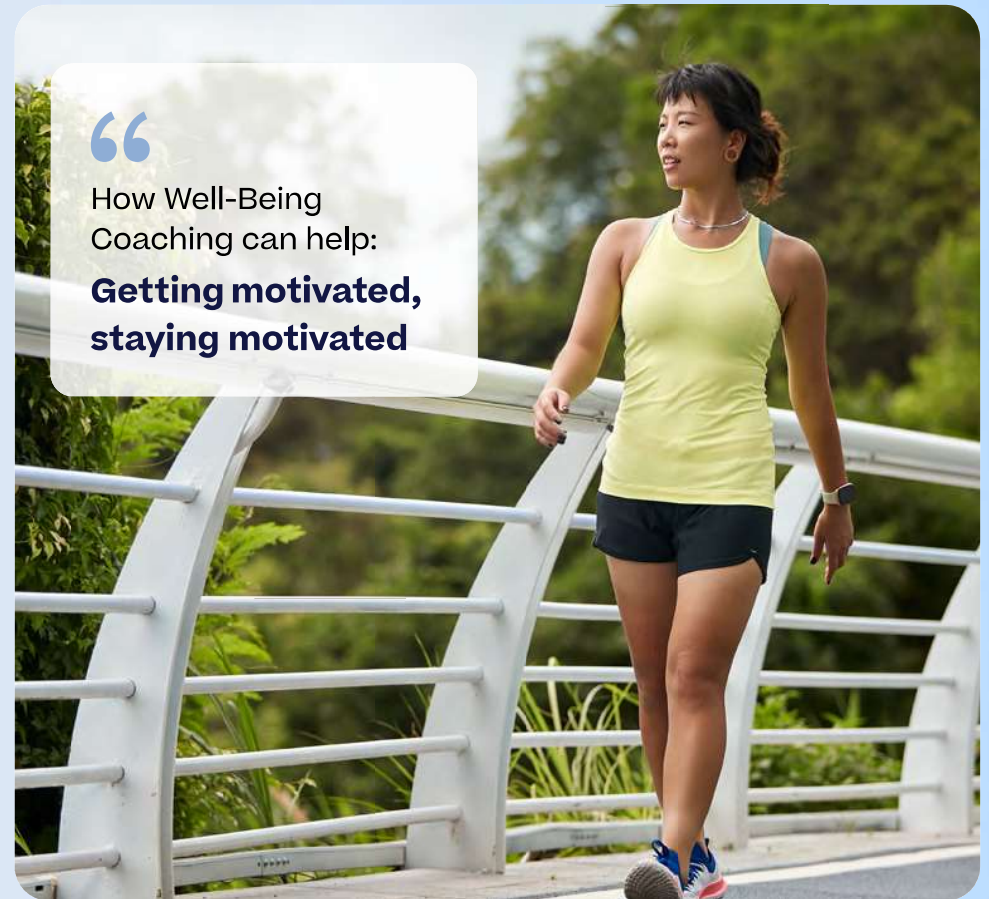
Angela believed that in order to exercise, she had to go to a gym, which is not something she was interested in. Angela joined a coaching program where she developed an exercise plan that was right for her and found the motivation she needed to stay on track.

Angela shares how her Well-Being Coaching experience helped:

The Well-Being services have helped me to improve my overall health, not just physical but mental health as well. I am feeling less stressed and more capable of coping with daily challenges and obstacles. Prior to starting the exercise coaching program, I had zero ambition to exercise, thinking it was something that had to be done in a gym setting. But my personal coach helped me develop a personalized plan that excluded going to the gym. I am now getting 10-15,000 steps a day, in addition to a 40-45 minute brisk walk every day, and strength training every other day. I couldn't have done this on my own.



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How Well-Being Coaching can help:

**Getting motivated,  
staying motivated**

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