

*Resources for total wellbeing*

## WELLNESS COACHING



### FEATURES:

By phone or video, your personal certified wellness coach works with you to identify and maintain strategies that support goals such as weight management, healthy eating, physical activity, and more.

With the support of your experienced coach, you will create a wellness vision to inspire and direct your efforts toward your goals.

We work with a variety of lifestyle habits to support your best wellbeing.

Most of us have some wellness goals we are either working toward or are thinking about starting. Let us help you build a solid plan with wellness coaching.

We will collaborate with you on strategies to help you achieve your goals, feel your best, and develop your confidence. We can help you connect with your values and internal motivation to establish your action plan. Take the first step today, reach out to a coach and schedule your first session!

**TOLL-FREE: enter phone here**

**E-MAIL: enter e-mail**

**WEBSITE: enter URL here**

**USERNAME: username • PASSWORD: password**

# EMOTIONAL WELLNESS

ACCESS THE  
AWARE PROGRAM  
THROUGH YOUR BCARES  
EMPLOYEE SUPPORT  
PROGRAM.

Six one on one sessions with a mindfulness coach on the phone to help improved wellbeing, focus, and engagement within life. At no cost to you.

Website: [bcares.helpwhereyouare.com](https://bcares.helpwhereyouare.com)

Company Code: Bcares

Private Text/Chat:  
Click "LIVE CONNECT"  
after website login

CALL TOLL FREE: 866-212-6130



b·cares