



Are you LIVING your BEST life?

Are you struggling with some unhealthy behaviors, which are affecting your physical health?

Are you having difficulty managing your cholesterol, blood pressure, or blood sugar?

Do you need support in getting your weight under control once and for all?

Do you need motivation and accountability to make some lifestyle changes?

If you answered “yes” to any of these questions, then HEALTH COACHING is for you.

Through the IBEW Wellness Program you can work one-on-one with a Health Coach. Your Health Coach will guide and support you in making some long-term behavior changes, so you can LIVE your BEST life!

- IBEW Local 617-NECA is sponsoring this program and your participation is completely voluntary.
- No personal information will be reported to IBEW. All results will remain confidential and be held in the possession of BaySport.



Your health coaching experience includes:

- One on one meetings (over the phone) with your personal Health Coach to discuss your health needs and concerns.
- Develop a wellness vision and a plan with your Health Coach to help you achieve your goals.
- Direct communication with your Health Coach (via phone or email) to discuss successes and challenges and to keep you accountable.
- Follow-up communications providing additional resources or educational materials on disease prevention and lifestyle changes, as needed.
- Participants who complete the three-month Health Coaching program (including the re-screening) will received **\$100 Safeway gift card**.

A *Health Coach* is a trained counselor who will provide you with individualized support and guidance based on your goals and needs. Book a free session today!

Health Coach: Sue Saso at sue.saso@baysport.com

Health Coach: Adrienne Bachleda at adrienne.bachleda@baysport.com

For more information about the Wellness Program contact Denise Brown at denise.brown@baysport.com