



HealthyGuidance®

A Wellness Program to Address Your Health Concerns

Your HealthyGuidance program is provided by your employer at no cost to you to help you make positive lifestyle changes with expert support, resources and information. This flyer explains how HealthyGuidance can support you. All programs are completely confidential.

Health Assessment and Online Health Portal

Determine the state of your health and learn ways to improve it by completing a confidential health assessment. Answer questions on a wide range of health and lifestyle topics, and receive a comprehensive personal health report that includes your risk factors for disease and the specific steps you can take to improve your health. Helpful meal planning, exerciser trackers and self-study learning modules are available online to help support your goals.

Tobacco Cessation Program

Smoking and related health complications are the single largest cause of preventable premature illness and death. Certified tobacco counselors provide:

- › A customized assistance plan
- › Behavior modification techniques
- › Strategies to help you quit permanently

Weight Management Program

Look better, feel better and reduce your risk of illness. Work one-on-one with a certified health coach to create a weight management program just for you.

- › Address health issues
- › Learn exercise and diet techniques
- › Online learning modules for support

Lifestyle Coaching

Work with a wellness coach to create goals that reduce your risk for disease. Our certified coaches are trained experts in nutrition, exercise and behavior change.

Work on:

- › Diabetes prevention
- › Cardiovascular disease prevention
- › Resiliency coaching

Sleep Coaching

Sleep deprivation can increase the risk of chronic disease, interfere with daily activities and decrease productivity. Work with a coach to improve sleep habits today.

- › Learn strategies for improving sleep quality
- › Create the ideal sleep environment
- › Identify and eliminate factors that cause sleep disturbances

Healthy Families

Our certified wellness coaches—trained experts in nutrition, exercise and behavioral change—work with parents to develop healthy habits that contribute to the well-being of the entire family. Coaches help parents:

- › Understand nutritional needs
- › Identify exercise opportunities
- › Develop healthy family routines

Healthy Pregnancy

Pregnancy can be overwhelming for first-time mothers. Our personalized support helps you understand and overcome common challenges associated with pregnancy and new parenthood. Coaching topics include:

- › Food safety
- › Mother and baby nutrition
- › Exercise and understanding weight gain

Back Care

In our stressful world, back pain has become all too commonplace. Our coaches teach techniques for breaking bad habits associated with daily activities like sitting, caring for children and doing chores. Other topics include:

- › Improving posture and back-strengthening exercises
- › Sleep techniques that contribute to healing
- › Lifestyle changes to remain pain-free

Get Started Today!

Call: 877.327.4432

TDD: 800.697.0353

Go online: guidanceresources.com

Your company Web ID:

HAVERTYS