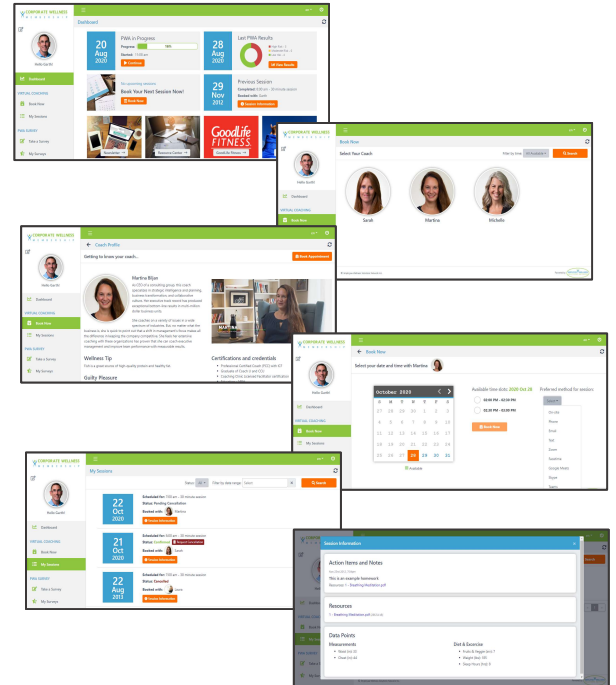




# WORKPLACE WELLNESS VIRTUAL HEALTH COACHING

## PERSONAL WELLNESS SUPPORT

- Professional health coaches
- Flexible scheduling
- Accessibility
- Multi-platform options
- Action items and tracking
- Trend reports
- Ongoing support



## 5 EASY STEPS

### STEP #1

Log into your personal and private Member Portal.

### STEP #2

Pick a health coach from a selection of EWSNetwork coaches.

### STEP #3

Read and watch each health coach's bio and video.

### STEP #4

Schedule your appointment with your chosen health coach.

### STEP #5

Track and share progress with your health coach on private Member Portal.