

Your Employee and Family Assistance Program (EFAP) includes:

# Jumpstart your Wellness



**Ready to take your health and well-being to the next level? Our *Jumpstart your Wellness Program* may be what you are looking for. With the support of a certified life coach, our program uses a comprehensive online, self-directed approach to support behaviour change. You will have access to an online wellness handbook, healthy living tools and resources and objective and goal setting exercises.**

## Be fit, healthy, and feel great!

- **Not sure where to begin?** You can start with a readiness for change questionnaire along with objective and goal setting exercises, from there our certified coaches work with you to develop a personalized plan.
- **Can't stick with 'healthy' resolutions?** The Wellness Workbook provides support with both preparation and planning, along with other lifestyle considerations and exercises all geared to developing new behaviours you can stick with.
- **Want to focus on specific areas of need?** Our experts can help you take a holistic approach to address your needs and improve your overall health and well-being.

- **Need to support other lifestyle changes?** Maybe you've made or are considering an important change. Committing to a 30 day comprehensive program can be the boost you need to succeed.

## One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to take a comprehensive approach to behaviour change. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange consultation with a certified coach to begin the process with a readiness questionnaire and objective and goal setting exercises, outlining a self-directed personal plan for success.
3. You also receive online tools and resources including a Jumpstart your Wellness Workbook, and expert tips on healthy lifestyles and exercise.

**Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.**



**Life Smart Coaching can help you take a holistic approach to health and wellness.**

Contact your EFAP 24/7 at 1-800-663-1142

TTY: 1-888-384-1152 | Numéro sans frais - en français : 1-866-398-9505

International (Call collect): 604-689-1717

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