

# COMPANY XYZ

## HAS A NEW PARTNER IN WELLNESS

EmpowerLinc provides Company XYZ employees and benefit-eligible family members with personalized health coaching, education and referral services, and other wellness resources to help you get healthy and stay healthy.

## FUN AND EFFECTIVE PROGRAMS TO HELP **U** LIVE HEALTHY



**UFIT** ADVANCED PHYSICAL ACTIVITY

**UFUEL** PERSONALIZED NUTRITION

**UREST** SLEEP HYGIENE

**UPLUSONE** PRENATAL WELLNESS

**UBREATHE** TOBACCO CESSATION

**UBODY** WEIGHT MANAGEMENT

**UMOVE** BEGINNING PHYSICAL ACTIVITY

**UBEAT** HEART HEALTH

**UCENTS** FINANCIAL FITNESS

**U&YOURS** HEALTHY FAMILY HABITS

Just part of your comprehensive wellness program.  
Find out more at [www.empowerlinc.com](http://www.empowerlinc.com) or call a  
health coach today at 888.882.LINC (5462).

EMPOWER  LINC  
HEALTH & WELLNESS PROGRAMS