

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 or call a health coach today at 888.882.LINC (5462).



Fun and effective programs to help U live healthy

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.

Company xyz

Has a new partner in wellness