

WILL U MAKE A CHANGE?

Dear **Company XYZ** Employee:

Are you looking for help improving your nutrition? Kicking the smoking habit? Establishing an exercise plan? Sleeping better? Reducing your stress level? If so, EmpowerLinc can help!

The EmpowerLinc Health & Wellness Program, administered by CuraLinc Healthcare, offers confidential and professional coaching and referral services for physical activity, nutrition, weight management, smoking and tobacco cessation, stress management, sleep hygiene, heart health, and prenatal wellness.

Company XYZ employees and benefit-eligible family members can connect with EmpowerLinc in one of three ways:

- **Phone.** Call EmpowerLinc at 1-888-882-LINC (5462).
- **Email.** Email an EmpowerLinc Health Educator at coaching@mywellportal.com.
- **Web.** Log in to EmpowerLinc by visiting www.empowerlinc.com. Use the Company Code **companyxyz** to create a personal profile.

Unlimited telephonic health coaching is at the core of every EmpowerLinc program. Health coaching through EmpowerLinc is based on a holistic, mind-body approach that views good health as a balance of physical, financial, and emotional well-being. EmpowerLinc's Health Educators will work with you to develop a personal action plan that includes: discussing your current health and wellness interests; assisting you in developing a tailored wellness plan, based on your individual health goals; providing you with educational materials and guidance to support your wellness plan; and offering ongoing support and resources to help you achieve your goals.

In addition to telephonic health coaching, a wide array of resources are available to you on the EmpowerLinc website. Through this site, you will have access to health improvement programs, wellness tip sheets, food trackers, personal health assessments, interactive wellness videos, recipes, and health encyclopedias. In addition, through the 'My Communications Center' portion of the portal, you can connect to us by scheduling a video or web chat consultation with an EmpowerLinc Health Educator.

We look forward to helping you get healthy – and stay healthy!

Best Regards,
The EmpowerLinc Team

PHONE 888.882.LINC (5462)

WEB WWW.EMPOWERLINC.COM

EMAIL COACHING@MYWELLPORTAL.COM

EMPOWER  LINC
HEALTH & WELLNESS PROGRAMS