



Get Healthy with Your own Private Coach!

FREE H&H Health Coaching services now available for all employees and their families!

Benefits Include:

- Unlimited personal wellness coaching via phone, e-mail, or IM
- Tip sheets and online tools
- 24/7 access to online wellness programs
- And much more!

Health Coaching Programs:

- Weight Management • Fitness and Exercise • Smoking Cessation
- Prenatal & Postnatal Care • Complementary Care • Stress Management
- Self-Care of chronic conditions such as Asthma, Diabetes, Cardiovascular Disease, & Back Pain • Gym Membership & Health Club Discounts

We can help you. It's easy....

- Call us toll-free at 1-888-493-5522 Monday – Friday, 8-8 CST
- Email us at counsel@wellcall.com
- Visit us at www.hhhealthassociates.com



Feel and look better with H&H Health Coaching at no cost to you. Choose one or more of the following programs that will help you to reach your wellness goals with your own **private coach!**

- Weight loss & Nutrition
- Smoking Cessation
- Exercise
- Stress reduction
- Pre & Post Natal Care
- Health Self-Management including programs to help manage: Arthritis, Asthma, Back & Neck Pain, Heart Health, Diabetes, Menopause, etc.
- Plus make other lifestyle improvements with the help of your very own private coach!



Local 101

Login Information:

www.hhhealthassociates.com

Click on Health Coaching

Company Password = local101

Create your own user name & password.