

# Well-Being Coaching: Help With Adopting New Healthy Habits

With Well-Being Coaching from the Live Well & Thrive Employee Support & Wellness Program (Key's Employee Assistance Program), you can make positive, lasting lifestyle changes with expert support, resources and information, **all at no cost to you**. Sign up for one-on-one sessions with an expert well-being coach who will work with you to create healthier diet, exercise and sleep habits. Get additional support through the new online [Personal Health Dashboard](#), where you can take a health assessment, find exercise and diet trackers, and take advantage of other helpful tools. Here's how:

## Connect With a Coach

Choose a module and work with your coach one-on-one to learn to eat healthier, develop an exercise routine you'll stick to, sleep better and gain the motivation you need to keep your new, healthier habits for life:

### Motivate Me

There are countless obstacles that can disrupt or derail our goals. They don't have to. Learn how to:

- Identify your motivators
- Set achievable goals
- Maintain a positive state of mind, even in the face of setbacks

### Your Exercise Program

Learn how to incorporate exercise into daily life by setting realistic and enjoyable goals and developing a personalized exercise plan.

- Identify current fitness level and activities
- Discuss past experiences with exercise
- Learn to set realistic, maintainable exercise goals

## Nutrition Program

Work with a coach to develop a personalized healthy eating plan to help meet your goals and reduce the potential for more serious health issues.

- Review your current nutrition
- Identify areas to focus on, such as portion control or stress-eating
- Identify goals and way to overcome barriers

## Sleep Coaching

Sleep deprivation can increase the risk of chronic disease, interfere with daily activities and decrease productivity. Work one-on-one with a coach to improve your sleep habits today and learn:

- Factors that cause sleep disturbances
- Strategies for improving sleep quality
- How to create the ideal sleep environment

**Call your toll-free number anytime to request an appointment with a coach and get the support and counseling you need to live a healthier life.**

## Here when you need us.

Call: 833.927.1863 | TRS: Dial 711

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceNow<sup>SM</sup> & Koa Foundations

Web ID: KeyBank

