



Good For You!

Wellness programs by SCHOOLCARE

Access To Your Own Personal Advocate

Health Coaching

You have access to a dedicated health coach when and for what you need! Coaches help you look at the big picture including physical and emotional health to determine effective lifestyle changes. Their philosophy is promoting progress at your own pace.

Health Coaches are Certified in:

- Fitness
- Personal Training
- Nutrition
- Stress
- Tobacco

What to Talk About:

- Weight Loss Goals
- Nutrition Plans
- How to Quit Smoking
- Exercise Routines
- What YOUR Biometrics Mean

Privacy

All information shared is strictly confidential. HIPAA guidelines are followed to protect personal health information.

Contact Your Health Coach Today!

Call the SimplyWell formerly Viverae Health Center at 888-833-5829, or send a secure message through connect.viverae.com or the Viverae mobileapp.

Complete a coaching session each quarter to **earn 25 points** per quarter (that's \$25!).

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

Questions?
Call Viverae at 888-833-5829