



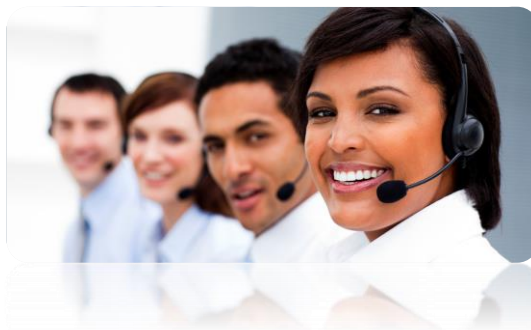
ESI Wellness Coaching Benefit

Interested in cutting your health care costs and having a healthier, more productive work force? We have a way! Up to 70% of the costs for chronic illnesses can be attributed to five unhealthy behaviors: lack of exercise, obesity, smoking, stress and overuse of alcohol and drugs.

The **ESI Wellness Coaching Benefit** provides your employees and their families the opportunity to make positive changes that will yield health benefits for them and bottom line relief for you.

This Benefit Includes:

- *High frequency communications via an Automated Digital Communication system to create employee awareness of their behavioral health risks*
- *Focus on behavior change for the 5 unhealthy behaviors*
- *One-on-one coaching and counseling from an integrated team of coaches & clinicians*
- *Up to 6 Coaching sessions per issue for employees and family members*



ESI Wellness Coaching Differential

The ESI Wellness Coaching Benefit is the only program offering an integrated team of Coaches & Clinicians

- All Coaches and Clinicians hold advanced degrees
- Coaches: certified in Tobacco Cessation, Nutrition, Exercise, Stress and Drug & Alcohol issues
- ESI teams have 30+ years of behavior change experience
- Members enjoy access to Coaches throughout the stages of behavior change
- Over 50% of Members who engage with a Coach ultimately reach their wellness goals
- Coaching services are completely confidential

More benefits than any other EAP
800.535.4841