



Support to Help You Manage Your Health

Health Coaching Program

Your Health. Your Benefits.

When it comes to feeling your best, your needs are unique to you. TrestleTree Health Coaches provide guidance, accountability, support, and resources to help you achieve your optimal health. Your Health Coach will listen to your health story and support you on your path to better living. Together, you will create a plan for managing your chronic conditions, implementing healthy habits, setting SMART goals, and focusing on LifeJoy (the things in your life that bring you great pleasure, meaning, and value).

What is my health coaching benefit?

- Free, unlimited, and confidential health coaching sessions to help you manage your health
- Available to IUOE Local 4 Health & Welfare Plan members and covered spouses and dependents
- Create a personalized plan to help you improve your health, enhance your quality of life, and feel better

How it works

- You'll schedule time to talk with your coach over the phone when it's convenient for you
- Appointments can range from 15 - 60 minutes, depending on your needs
- Meet with your Health Coach at a frequency that works for your lifestyle and health goals

Health coaching is available to those managing:

- Weight
- Sleep
- Stress
- Nutrition
- Exercise
- Asthma
- Diabetes
- Tobacco Cessation
- High Cholesterol
- High Blood Pressure
- + **SO MUCH MORE!**



T O E N R O L L

Scan the QR Code or
Call 1 + (866) 523 - 8185

