

HAVE QUESTIONS ABOUT YOUR
HEALTH OR FITNESS LEVEL?



ACCESS IS EASY.

No matter when, no matter where, you have free, confidential support by phone, e-mail, or web. Call or log on to get started.

TOLL FREE:
877 847 4525

COLLECT CALL NUMBER
+1 416 956 2979

Contact your international operator and request that a collect call be made, or call us and we will call you back.

E-MAIL:
contactacoach@wellness-assist.com

WEBSITE:
<http://ca.resourcesforyourlife.com>

COMPANY CODE: **BMWeCare**

SMS TEXTING:
+1 647 624 2840

Standard text messaging rates may apply. Please include your name, country location, and phone number where you can be reached.

Calls placed from cellular phones or Internet-based lines (VOIP) are carrier dependent and not guaranteed. Please log onto the website for additional information.

**CALL A
WELLNESS
COACH**

A wellness coach can help to assess your current level of wellness, and will work with you to set achievable goals to improve it. Our professionals will motivate and teach you the information you need to know to reach your wellness goals.

**A WELLNESS COACH CAN HELP YOU
ACHIEVE ANY OF THE FOLLOWING:**

- Losing weight
- Improving your eating habits
- Exercising consistently
- Stopping smoking
- Managing stress
- Adopting healthy habits

The wellness coaching service is provided by Workplace Options, which provides you access to up to 6 telephone sessions with a trained wellness coach. There is no cost to you or your immediate family members to use the service, and you can access it any time, day or night. Contact us today to learn more about the wellness benefit and begin your new healthy lifestyle!

