

# WellCoach

*Tools and resources for a healthy change.*

Alliance Work Partners is proud to offer a program to help you improve your health and well-being. Available to you and your household at no cost to you as part of your Employee Assistance Program (EAP), WellCoach provides confidential health coaching, online tools and programs to achieve your wellness goals.

## Create & reach your wellness goals!

*Tools and resources to identify:*

- **What drives me**
- **What is important to me**
- **My challenges and barriers**
- **What I see for myself**



## Feel and look better with WellCoach.

*Includes:*

weight loss & management  
nutrition

tobacco cessation

fitness & exercise

stress reduction

healthy habits

self care

health self management

*...and more*

- ✓ *Complete* your HRA.
- ✓ *Connect* with your Coach.
- ✓ *Create* your wellness plan.

*Get Started TODAY!*

call your EAP:

**800-343-3822**

and visit your EAP Website

**[www.AWPnow.com](http://www.AWPnow.com)**

To Login:

[www.AWPnow.com](http://www.AWPnow.com)

Select **Access Your Benefits**

Then enter your **Registration Code**

Select **Benefits | WellCoach**

1<sup>st</sup> time login? Create an account:

contact HR or AWP  
for registration code.



512-328-1144

800-343-3822

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[www.AWPnow.com](http://www.AWPnow.com)

alliance work partners  
A **wap** Program

