

Wellness Coaching

Wellness coaching pairs you with a professional health coach for an immediate, solution-focused, preventive health consultation by telephone. The coach is a degreed experienced health professional. Coaches provide answers to your general wellness questions, develop an action plan with you, provide on-going preventive health and complimentary care coaching and education, provide educational materials, and assist in locating appropriate health resources in the following areas:



- ▣ Weight Management
- ▣ Smoking Cessation
- ▣ Fitness and Exercise
- ▣ Pre and Post-Natal Care
- ▣ Menopause

- ▣ Chronic Conditions
 - asthma
 - diabetes
 - cardiovascular disease
 - back pain

- ▣ Stress Management
- ▣ Complimentary Care
 - chiropractic
 - yoga
 - acupuncture
 - massage

Health Risk Assessment



EASE's health risk assessment (HRA) is designed to improve health through individual assessments and disease specific intervention and self-management. Our individual risk assessment enables you to identify behaviors that increase risk for accident or illness and offers suggestions for improvement.

How To Access Benefits

To complete the Health Risk Assessment go to www.lclark.edu/dept/hr/wellnessprogram.html to access the link to "Health Risk Assessment and Wellness Coaching". The User Name and Password are: lewisandclarkcollege

You can access Wellness Coaching by calling EASE at (800) 654-9778.

For More Information

Our professional staff and highly trained specialists are available to listen to your issues, and answer your questions, and assist you with these benefits.