



Your future

so
sodexo

iCan Health Coaching — a new way to help you live a healthier lifestyle.

At Sodexo, we're committed to programs that help you improve your health and effectiveness, at work and at home. We're pleased to announce that beginning March 1, 2009, Sodexo is offering you LifeWorks iCan Health Coaching—a personalized service brought to you by Sodexo and designed to help you achieve your health goals.

Whether you're looking to lose weight, quit smoking or cope with everyday stress the iCan program can help. The iCan program matches you with your very own personal health coach who can help you focus on your goals and give you the support you need to achieve them.

Your health coach will schedule phone calls with you to help you set your goals and create a wellness plan that works for you. You can call your health coach anytime you want and you can have an unlimited number of discussions with your coach using e-mail or using a secure online message board. You'll also receive workbooks and other tools that can give you the encouragement and support you need to stay strong and focused on your goal.

The program is free and completely confidential. There are no meetings, no weigh-ins, no deadlines—you'll participate from the privacy of your own home and work at your own pace. And with the help of a personal coach, you'll have a better chance of achieving your goals and making the healthy changes you want.

iCanQuit iCanRelax iCanChange

Find out how the iCan Health Coaching program can help you. Call 888-267-8126 to speak with a health coach or visit www.iamsodexo.com > LifeWorks.

Para información sobre este programa en español, llame al 888-732-9020.



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Making every day a better day