



Want to get on track to a healthier lifestyle? Find out how a personal health coach can help!

Your future

so
sodexo

Do you ever wish you had your own personal coach to help you focus on your health goals and stay motivated to reach them? Whether you're looking to lose weight, quit smoking or cope with everyday stress, the Sodexo LifeWorks iCan Health Coaching matches you with your very own personal health coach who can help you focus on your goals and give you the one-on-one support and encouragement 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 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.

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.

