



# STEP INTO A HEALTHY LIFESTYLE



## We can help get you there.

A balanced diet, physical activity and stress management skills can help you stay healthy for life. Take strides toward feeling good with help from your employee assistance program (EAP). Professionals are available to help you meet your health goals and to provide counseling and information about issues such as:

- Healthy eating
- Exercise
- Eating disorders
- Weight management
- Alcohol & substance abuse
- Managing stress

The EAP is a confidential service available at no cost to you (and your eligible family members), 24 hours a day, 7 days a week.

Contact your EAP for confidential counseling and assistance any time!

1-800-XXX-XXXX | [www.achievesolutions.net/xxxx](http://www.achievesolutions.net/xxxx)