



We can stay on the same path,
or we can go in a new direction.

Health Coaching

Lifestyle Improvements | Fitness | Healthy Eating | Tobacco Cessation



NEW DIRECTIONSSM

TOGETHER IS THE WAY FORWARD

800-624-5544 | ndbh.com



Sometimes we need a coach.

Young or old, healthy or struggling with an illness, you will find that simple lifestyle changes can result in great health benefits. But while maintaining a healthy weight, quitting tobacco, managing stress and increasing fitness are simple changes, they are not easy to make.

Maybe you want to change your lifestyle, and are wondering where to start. Or maybe you've taken that first step, but need motivation to keep going. Our health coaches are ready to help you get started, and will do whatever it takes to help you succeed.

Our licensed behavioral health professionals have significant training to help people through the process of change. They will provide you information, help you prepare, give you support during the process, help you overcome obstacles and create a plan to prevent relapses.

New Directions EAP offers health coaching. You can use your EAP counseling benefit to speak with a qualified health coach to help you with:

- Lifestyle/Stress Management
- Tobacco Cessation
- Healthy Eating
- Fitness Management

And remember, these services cost you nothing. Your employer has already paid for them and services are confidential. Nobody will know you've called your EAP or your Health Coach.

Call, click or chat to connect with a coach.

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