



## Looking at the whole picture

Our lifestyle medicine approach encourages healthy habits as a key way to prevent or manage many health conditions. When you change your habits, you're more likely to see results. But it can be hard to do it alone, which is why we're here to offer one-on-one support.

Your care team will look at the full picture of what impacts your health and work with you to make improvements in areas such as:

- **Nutrition**  
Eating a well-balanced diet
- **Movement**  
Moving your body more
- **Stress**  
Managing your emotional wellbeing and stress levels
- **Sleep**  
Aiming to get 7-8 hours each day
- **Hydration**  
Staying hydrated and making water your preferred drink
- **Substance use**  
Living substance free
- **Time outdoors**  
Getting outdoors more often

**Call your Wellness Center to schedule an appointment.**

### Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.



