

AWAKEN to WELLNESS Coaching

Discover how you can work One-on-One with our professional Wellness Coaches to help you:



- » **Get fit**
- » **Lose weight**
- » **Eat better**
- » **Reduce stress**
- » **Stop smoking**
- » **Pre/Post natal support**
- » and much more

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As a member of our practice, you and your immediate family are entitled to complimentary coaching services provided by professional wellness coaches.

The most affordable and convenient way to get and stay well.

Work with our coaches via email, IM or telephone whichever is more convenient for you...

Want to know what clients have to say about WellCall?

"This is a great service. When I ask questions, I get answers. No one makes you feel bad if you can't keep the original goals you set. It makes me want to keep my new goals because someone cares enough to ask about them!"

Henry:

"I just want to say a big 'THANK YOU!' I've lost a total of 14 inches all the way around and am still losing with the help of my health coach. The website is terrific, the tips, all of it, just wonderful - and I don't get into a slump! I'm ready to start my 13th week and I've already reached 50% of my goals. My blood pressure went down and my doctor is amazed. I'm planning on keeping my healthy eating habits and exercise plan for life. Again, I just want to say Thanks!!!"

Celeste:

The Awaken to Wellness Coaching Membership is designed for people who want to have access to the tools they need to take control of their health and health care costs.

This is a great program for people who want to stay healthy and be rich.

The Awaken to Wellness Coaching Membership includes:

Unlimited One-on-One Wellness Coaching

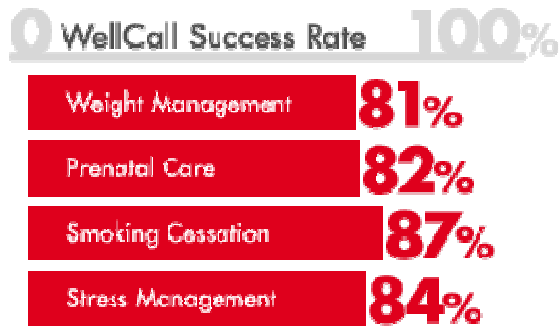
Unlimited access to your own team of wellness coaches available 9AM - 9PM EST to help:

- prioritize your goals
- create strategies to achieve your goals
- direct you toward resources that will support you reaching your goals
- and most importantly be there to help hold you accountable to achieving results.

Typically you can expect to pay at least \$75 per hour to work with a nutritionist, personal trainer or life coach.

Your Awaken to Wellness Coaching Membership offers you unlimited access to working one-on-one with your own personal wellness coach so that you can achieve your personal health goals so you can feel like a million without spending a fortune.

Are you ready for results? Check this out...



Source: WellCall Results, 2006

Want to learn more about Awaken to Wellness Coaching?

What is Awaken to Wellness Coaching?

Wellness Coaching is the newest way to make the hard work of being healthy, easy.

How?

I'm not saying that you don't have to do any work and put forth any effort. What I am saying is that you will set yourself up for success by working with a coach. Everyone who wants to be good at anything has a coach (sometimes several), if you want to learn how to be good at being healthy and well, than you want to work with a wellness coach.

One of the great things about the Awaken to Wellness Coaching program is that it is so affordable. Before, only wealthy celebrities, professional athletes and performing artists could afford to have such easy access to wellness experts to help them perform at their best. Now you can too.

Why?

Because these days you can't afford to get sick. Living with chronic pain costs you. Not feeling well costs you. Not being able to be your best costs you. You can't afford not to invest in your wellbeing.

Proactively taking care of yourself is the best way to increase your chances of better health and reduce your risk of getting sick. You may be one sickness away from medical bankruptcy, really no kidding.

You may be thinking "Don't try to scare me..."

It's true, 50% of all personal bankruptcies are due to people like you and me who got sick and needed medical care that was not fully covered by their medical insurance. With over 2 million bankruptcies per year that means that someone goes bankrupt due to medical costs every 30 seconds!

Having a wellness coach won't guarantee you won't have a health problem, but it will guarantee that you will have someone to help you know what it takes and do what it takes to improve your health naturally.

Being healthy by living a wellness lifestyle isn't a secret, but knowing something and doing something are two different things. Just because you know what to do doesn't mean you are going to do it. What's more important than making sure you understand what wellness is and having someone who helps make sure you stay on track to doing it?

Think about it: what's your health worth to you?

I hear it almost everyday:

- "I know that I'm overweight and should lose a few pounds."
- "I know I need to get more rest"
- "I'm just too busy working."
- "I know I should be taking better care of myself I just can't afford it."

I hear these excuses, I mean reasons, why people can't take care of themselves, all the time.

And again, I ask you "what is your health worth to you?"

If you suffer from a health condition, including obesity, which is now considered a leading cause of death, how much would you pay to get rid of it?

Ask yourself what could you do in your life if you had 1%, 5%, 25% or more, better health or increased energy?

If you felt stronger, felt better, looked better and had more energy, what could you have in your life, that your present condition prevents you from having now?

Since over 70% of medical expenses are spent on treatments for lifestyle related medical conditions, there is a good chance that if you took better care of yourself, you would decrease your risk of the poverty of sickness and increase your chances of experiencing the wealth of wellness.

Wow, how great would that be?

The Awaken to Wellness Coaching Membership

Powered by WellCall

One low price gives you...

Unlimited access to experts waiting to help you:

- Enjoy fitness and eating that makes you look and feel your best.
- Reduce your stress levels and increase your happiness.
- Stop smoking and start living.
- And much more...

Our wellness experts are trained to help you in many areas of your life. What's your goal?

- WellWeight-weight management
- WellQuit-smoking cessation
- WellFit-exercise, fitness
- EatWell-nutrition
- WellMind-stress management
- WellBaby-pre and post natal coaching

Coaching services are provided by telephone, email, instant messaging and through online

educational modules.

- Coaching program billed quarterly
- Automatic renewal ensures your consistent access
- No contract, no commitment, stop at anytime

Coach's Profile & Training Guidelines

All coaching services are provided by WellCall Inc., the country's premier wellness solution provider. WellCall Inc., has been providing wellness coaching services to America's top employers since 1997 and now Awaken to Wellness Coaching Membership makes their expert coaching services available directly to you regardless of who you work for.

WellCall coaches have master degrees and or a minimum of a bachelor's degree in a health related field and a minimum of 2 years of health education and coaching experience. Coaches' certifications and licenses are updated on an annual basis.

WellCall Coaches have educational and professional experience in one or more of the following fields:

- Health Science
- Public Health
- Exercise Physiology
- Health Education
- Nutrition
- Corporate Wellness
- Counseling

WellCall Coaches are required to successfully complete WellCall's intensive training program which includes issues such as:

- Assessing an individuals readiness to change
- Prevention and wellness education
- Integration of company benefits
- Development of a personalized wellness plan
- Motivational support and influencing behavior skills
- Referrals to appropriate providers and wellness programs
- Follow-up and goal achievement and assessment

All WellCall coaches participate in regular trainings and follow a proprietary "Behavior Change Guide" specifically developed for health management and lifestyle behavior change. This program was developed especially for WellCall by Mark Thompson, Ph.D., a well-known health and social psychologist based on his health behavior and lifestyle modification research.

All programs follow a three-step process, which identify the member's stage of change, deliver key messages and broadly stated questions, and focus on pivotal levers for change. All program interventions provided are educationally based and focus on sustainable lifestyle and behavior change. This process ensures a consistent approach yet allows and encourages individual differences ensuring a higher rate of participant success.

In addition, WellCall Coaches are all certified by the American Lung Association as Smoking Cessation Facilitators.

Here's what some have to say:

"I know I have a long way to go to reach my goals but they don't seem so impossible anymore. Kerry has been wonderful to me. She's always ready to listen and motivate me when I feel hopeless. I've gone down 2 dress sizes!! I really can't thank you enough."
— Debbie in New York City, New York

"I love the WellWeight online program. I enjoy the weekly assignments, it's very personalized. The program is one step at a time and doesn't provide too much information at once."
— Sally

"Superior health coach support, customer service, follow up, encouragement, and basic human kindness and understanding. If you coach Pam asks for an office with a view, please give it to her."
— Katherine

"Communicating via email has been a very successful tool for me over the last months. Given my schedule, this was the best way to keep in touch and keep me focused on my program and paying attention to where I needed minor improvements. Thanks for sending the meal planning information. It's really been great to have all that planned so I don't have to think about it. Great recipes! For once, my kids are enjoying our home cooked meals."
— Denise

"Just wanted to send a note of thanks for the referrals and Tip Sheets you sent. Your research saved me an awful lot of time and I've already seen the nutritionist once. Thanks for all your hard work."
— Employee, West Marine Associates

"THANK YOU for all your help. I've been 'inspired' to take control through your enthusiasm and encouragement."
— Employee, Network Associates

"My experience with WellCall is very positive. I highly recommend WellCall as a partner who can help any company integrate this innovative program into its overall benefits package."
— Diane Del Conte, Benefits Manager, Cost Plus, Inc.

"WellCall's innovative approach has moved corporate wellness light years beyond the brown bag."

— Elizabeth Sharpe, Director of Human Resources Services, Fireman's Fund

WellCall includes among its clients some of the best known and best managed companies in the country.

These include retailers, law firms, high technology companies, health plans and other service organizations.