

## ***Get ready for Live Well, the new wellness benefit for all employees.***

Have you ever made resolutions to lose weight, eat healthier, stop smoking or manage your stress levels? Would you like to feel better, have more energy, and improve your health? Great, we have good news for you.

Oklahoma County is excited to announce a new employee benefit designed to encourage a culture of wellness. Effective September 25, 2012, we encourage you to participate in the Live Well service to assist you in achieving your health and wellness goals. The service includes unlimited access to a professional Wellness Coach via telephone and instant messaging. Working with your Wellness Coach is the perfect opportunity to set and achieve your goals.

### **A Wellness Coach can help with:**

- Weight management
- Fitness and exercise
- Nutrition
- Smoking cessation
- Self-care of chronic conditions such as back pain, cardiovascular disease, diabetes, asthma, and headaches
- Menopause
- Stress management

All of our coaches are trained professionals with years of experience, who are available to work with you over the phone. They will also guide you through our on-line programs for weight loss, smoking cessation and walking/fitness. LivingLean, LivingFree and LivingFit are engaging, informative online sessions that include audio and video sessions with quizzes and interactive lessons.

Live Well Wellness Coaches are available Monday through Friday, 9:00 a.m. to 8:00 p.m. EST to respond to your questions or concerns via email, phone or instant messaging.

Ready to get started? Beginning September 25, 2012, call 1866-327-2400 or log onto [www.deeroaks.com](http://www.deeroaks.com) username: Oklahoma, password: County (click on Live Well Wellness Program) for more information or to set up an appointment.

