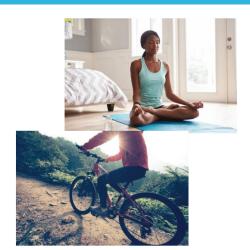
## **Cummins Health Center: Healthy Lifestyle Coaching Services**

Work with a healthy lifestyle coach to achieve a lasting lifestyle change in the areas of weight, nutrition, exercise, smoking cessation, work/life balance, stress management, and life satisfaction.

Healthy lifestyle coaching sessions are 100% confidential and available free of charge. Meetings with a certified healthy lifestyle coach can take place by phone and are offered to all Cummins employees and spouses regardless of employee location.



During your follow-up coaching During your initial coaching session, your healthy lifestyle coach will help sessions, your healthy lifestyle coach will help you:

- Assess your readiness for behavior change
- Collaborate to create a wellness vision

you:

- Co-create an individual wellness plan
- Identify your motivators and strengths
- Identify potential barriers to the changes you want to make
- Begin to develop strategies
- Set long- and short-term goals

- Celebrate successes
- Discuss challenges and generate alternative strategies
- Learn any necessary information to move forward
- Commit to maintain existing goals or set new weekly goals
- Measure progress toward long-term goals
- Revisit your wellness vision

In addition, the healthy lifestyle coach will refer you to other Cummins benefits that may be helpful for your situation and assist you with navigating those resources.

> Make your appointment with a healthy lifestyle coach today by calling 844-210-1007

