



Boise Schools

EMPLOYEE WELLNESS

promoting healthy lifestyles



MAKE A CHANGE FOR BETTER HEALTH

Live Well Nutrition EAP includes Nutrition Counseling as well as Personal Health Coaching!

As part of your Wellness Program, you and your dependents are eligible for 6 nutrition counseling and/or 6 health coaching sessions at no cost to you.

Make an appointment with a Personal Health Coach or Dietitian Today

Appointments are held at the Saint Alphonsus Boise campus located at 901 Curtis Road, Ste. 403, Boise, ID 83706

To make an appointment call or click:

Nutrition Counseling 208-367-4459

<https://signupwellness.eventsmart.com/nutrition/>

Health Coaching 208-367-6225

<https://signupwellness.eventsmart.com/healthcoach/>

Appointments will count towards your Wellness Plan activity requirements.

YOUR PRIVACY IS OUR COMMITMENT

The protection of your personal health information is a priority and will not be shared outside the Saint Alphonsus Wellness Team's clinical staff without your consent.



Saint Alphonsus

CORPORATE HEALTH AND WELLNESS



Personal Health Coaching

Our Health Coaches help guide and motivate participants to take charge of their health. We work with employees “where they are” to adapt to new, healthy lifestyle habits.

Partner with a Health Coach to:

- **FOCUS ON HEALTHY HABITS** – Make healthy behavior changes to help you lose weight, quit smoking, manage stress, get more active, or make healthier food choices.
- **CREATE A CUSTOMIZED PLAN** – Work with your coach to outline manageable steps you can take to reach your goals. Little changes over time can help you achieve long term success.
- **OVERCOME OBSTACLES KEEPING YOU FROM YOUR GOALS** – Together you and your coach will explore your greatest health concerns and goals and examine the obstacles to achieving those goals.
- **EMPOWERMENT TO TAKE ACTION** – Taking action and maintaining your efforts, is an ongoing struggle for a lot of us. The health coach will help you identify your deepest motivations for change and provide regular accountability.

Health Coaching Testimonial:

“The benefits I saw from Health Coaching were both immediate and progressive. You immediately start working on goals and achieving success. You get to talk about things that may be hindering you in achieving what you would like to do.”



Nutrition Counseling

Our Registered Dietitian can help you obtain expert information for your specific nutrition needs, plan healthier meals for your family, set goals for achieving a healthy balance of food choices and daily exercise.

Visit a Registered Dietitian for:

- **PERSONALLY TAILORED NUTRITION ADVICE** – After learning about your health history, favorite foods, eating and exercise habits, a dietitian will advise you on food and lifestyle recommendations to achieve your goals. Follow-up visits will focus on maintenance and monitoring your progress.
- **WEIGHT MANAGEMENT STRATEGIES** – The dietitian will partner with you to develop a safe, effective weight-management plan that you can stick with for the long haul. The dietitian will use creative strategies to help you with meal planning, grocery shopping, and mindful eating.
- **HELP MANAGING CHRONIC DISEASES** – If you have high cholesterol, high blood pressure, or diabetes, it can be hard to know what to eat. A dietitian can help you understand your condition and provide education about the nutrients that affect it.
- **GUIDANCE NAVIGATING FOOD ALLERGIES AND INTOLERANCES** – When you suffer from conditions like food allergies or intolerances, it’s easy to be overwhelmed. A dietitian can teach you how to read food labels so you’ll know which ingredients to avoid, and help you find substitutions to keep your diet balanced.

Nutrition Counseling Testimonial:

“My eating habits have been COMPLETELY transformed. My body is finally able to perform the way it is meant to simply by me giving it the proper nutrition that it needs to function and I credit all that knowledge to my dietitian.”