

WELLNESS COUNSELING



Wellness Counseling

Personal wellness counseling generates positive results

A true passion for healthy living is what motivates every one of Prevea's Health & Wellness Specialists. Local specialists listen and design personal healthy living plans, including both short- and long-term measurable goals, to achieve maximum results. They care about the whole person, and guide employees step-by-step, addressing both physical and emotional well-being.

Generate positive results through wellness counseling by contacting a Prevea Corporate Health & Wellness team member at **(920) 431-1999**.

Health & Wellness *Specialists will:*

- Provide encouragement and accountability
- Actively engage employees
- Motivate them to be successful
- Assist in understanding health information
- Provide the tools necessary to make healthier and lasting changes to their lifestyles

Wellness goals our Health & Wellness Specialists *can help with:*

- Chronic disease management such as pre-diabetes and high cholesterol
- Fitness
- Nicotine cessation
- Nutrition
- Stress management
- Weight loss

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PREVEA
health

Prevea's health and wellness specialists develop personal relationships that create happier, healthier employees.

“ During my first coaching session, my coach helped me to evaluate and articulate my specific health goals. Through the next few weeks, we developed plans and tools to help keep me on track to achieve my goals. My coach helped me realize that good health is not a one-size-fits-all plan and little things add up to make a big impact on overall health.”

– *Andrea LeClair, Eau Claire, WI*

