



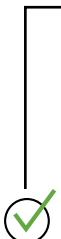
Novus Health®

Stay Healthy at Work™

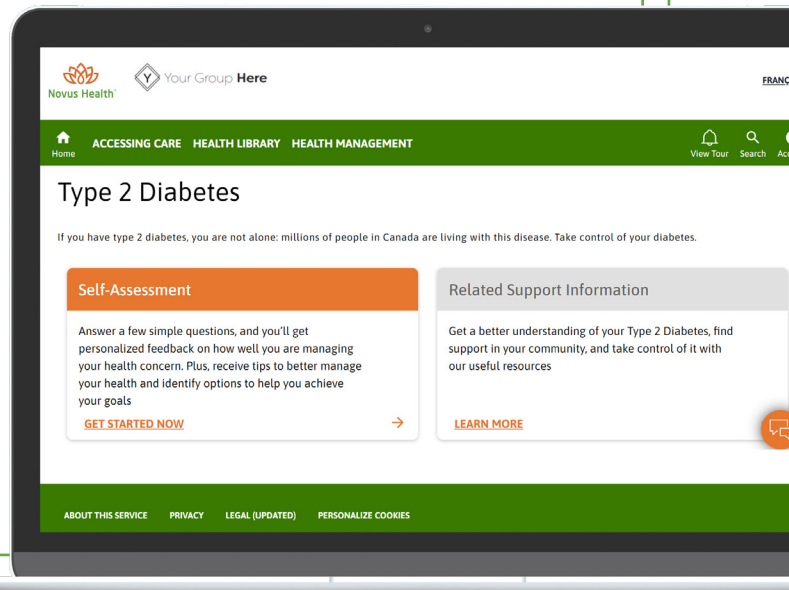
Manage Your Health.

If you are suffering from a condition that is seriously affecting your day-to-day life, **Stay Healthy at Work™** can help you. This program provides online tools to help you proactively manage your health condition, and eligible members can access one-on-one telephone coaching for further support.

If you are experiencing one of the following physical or mental health conditions, Stay Healthy at Work™ may be for you:



- Pre-diabetes
- Type II diabetes
- Stress and anxiety
- Depression
- Muscle and joint conditions
- Back and neck pain
- High cholesterol
- Hypertension





Novus Health®

Stay Healthy at Work™

MANAGE YOUR HEALTH CHALLENGES LEARN, FIND SUPPORT AND SET GOALS.

Complete a short questionnaire that assesses how well you are managing your health condition and how it is affecting your daily life.

ONE-ON-ONE COACHING

Personal, compassionate and confidential telephone support.

1. If eligible, you will be connected to a health coach (Registered Nurse), who will provide ongoing support throughout the program.
2. Your health coach will work with you to determine your needs and develop a personalized plan that will help you manage and control your condition.
3. Depending on your situation, your coach may refer you to our multidisciplinary team of counselors, psychologists, dietitians, occupational therapists and other health professionals.

