

# 12 Weeks to Wellness



**Ready to take your health and well-being to the next level? Our *12 Weeks to Wellness Program* may be what you are looking for. It is a self-directed program that offers a comprehensive approach to behaviour change. You will have access to life coaching, nutritional counselling, and health risk assessment over a 12-week period.**

## **Be fit, healthy, and feel great!**

- **Not sure where to begin?** If you need to make changes in order to feel better, you can start with a health risk assessment to identify any health issues, and from there our experts work with you to develop a personalized plan.

- **Can't stick with 'get-fit' resolutions?** This program includes a workbook and a stress assessment, all geared to develop new habits you can stick with.
- **Want to focus on specific areas of need?** Our experts help you take a holistic approach to address your needs and improve your overall health and well-being.
- **Need to support other lifestyle changes?** Maybe you've just quit smoking or drinking, or made some other major change. Committing to a 12 week comprehensive program can be the boost you need to succeed.

## **One call is all it takes to get started.**

Plan Smart empowers you with the information and support you need to take a comprehensive approach to behaviour change. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

Call us to get started (translation to other languages available.)  
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :  
1-866-398-9505 International (Call collect) : 604-689-1717

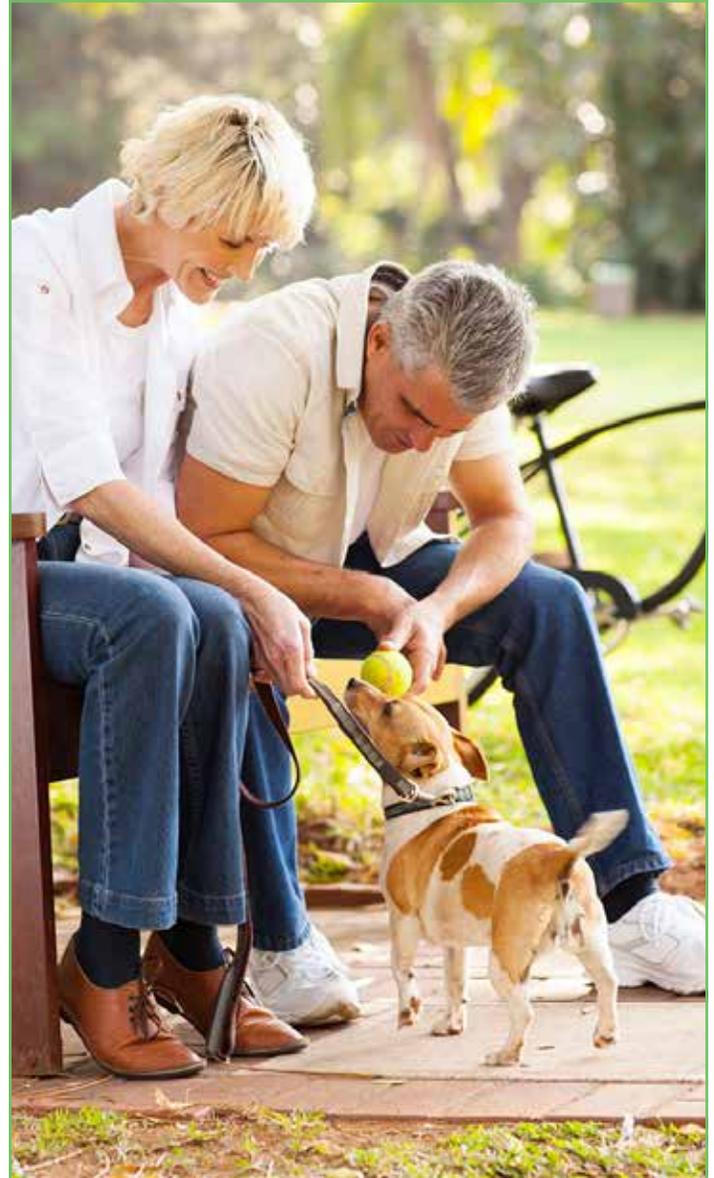
## 12 Weeks to Wellness

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for a 12 Weeks to Wellness expert to set you up with a health risk assessment, coaching, counselling and personal training.
3. You also receive a 12 Weeks to Wellness Workbook, nutritional counselling (optional), and a self-assessment stress management tool.

**If you ever feel overwhelmed or stressed out by the lifestyle challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).**



**Plan Smart helps you take a holistic approach to health and wellness.**



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