

A Comprehensive Solution for Improving Health and Productivity

ComPsych® HealthyGuidance® is a holistic wellness program aimed at improving the emotional and physical health for employees. HealthyGuidance® targets behavioral and lifestyle issues before they become significant illnesses, empowering people to make healthy lifestyle changes while helping them overcome barriers to success, such as emotional and mental health issues. Below is how it works. To get started, log on to guidanceresources.com and click on the **Be Well** tile on the home page. For first time users, please register using the Web ID **KeyBank**.

1. Telephonic Coaching Programs

- Personalized, one-on-one telephonic coaching modules developed to achieve a healthier lifestyle
- Single session Health Coach consultations available
- Telephonic coaching options include:
 - Back Care
 - Cardiovascular Disease Prevention
 - Diabetes Prevention
 - Digestive Health
 - Exercise
 - Healthy Aging
 - Healthy Families
 - Healthy Pregnancy
 - Intentional Eating
 - Learn to Run
 - Motivate Me
 - Nutrition
 - Resiliency Coaching
 - Sleep Management
 - Tobacco Cessation
 - Weight Management

2. Online Tools & Information

- Comprehensive interactive web portal offering access to information and tools to address life's challenges
- Library of topics covering health and wellness, as well as multimedia and interactive tools including myStrength
- Nutrition and exercise tracking
- Personalized health dashboard and program recommendations

3. Health Assessment

- Comprehensive questionnaire on physical and mental health
- Takes about 15 minutes to complete.
- Results in a snapshot of overall health

4. Incentive Program

- Key Medical Plan participants can earn the annual Wellness Incentive, a contribution to your Health Savings Account (HSA)
- View completion of wellness required to earn Wellness Incentive

5. Online Coaching Programs

- Designed for the user to access and complete at their own pace
- Online coaching options include:
 - Cardiovascular Disease Prevention
 - Diabetes Prevention
 - Exercise Program
 - Financial Wellness
 - Healthy Aging
 - Life Balance
 - Migraine Relief
 - Nutrition Program
 - Social Stress
 - Tobacco Cessation Program
 - Understanding Back Pain

6. Wellness Challenges

- Quarterly team or individual competitions
- Engaging multi-week programs that improve activity and wellness behaviors

7. Biometric Screenings

- A simple blood test that can indicate whether there is a potential risk of health issues
- Biometric Screening options include:
 - On-site screening of employees' cholesterol, blood glucose, blood pressure and body composition
 - Physician Form
 - Lab Form

8. Integration with Other Support

- Holistic Wellness Program providing referrals to other services as needed
 - Counseling
 - Work/life solutions
 - Combined Communication Calendar
 - Legal and financial consultations