

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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