



# WELCOME TO CAREHERE CONNECT 2.0



CareHere Connect 2.0 is designed to aide in jump-starting your employees towards better health.

After engaging in an online education program, employees connect with a Certified Health Coach. Employees receive guidance and support in creating specific, attainable goals relating to:

- Nutrition
- Physical activity
- Stress management
- Tobacco cessation
- Lifestyle modifications for health conditions such as diabetes, high cholesterol and hypertension.

This combination of online learning and individualized coaching empowers employees to achieve lasting lifestyle changes, leading to improved health and productivity.

If you cannot access CareHere Connect 2.0, contact us.