



NEED HELP WITH PERSONAL HEALTH GOALS, BUT CAN'T LEAVE YOUR OFFICE?

Employee Wellness can come with you wherever you go! Try virtual wellness coaching with the Employee Wellness staff via Zoom.

HOW DOES IT WORK?

Wellness coaching is a one-on-one visit to privately discuss any wellness areas you'd like to improve such as:

- Stress Management
- Nutrition
- Sleep
- Hypertension (high blood pressure)
- Exercise
- And more!

Go to your MyWellness portal. Click on "Virtual Coaching." You may choose appointments from whichever coach you prefer.

Please leave the email address through which you wish to be contacted.

Questions? Email wellness@deaconess.com

NEW!

Complete two virtual coaching sessions to earn your incentive.

- This can be a substitute for your screening!
- Sessions must be at least one week apart.



WELCOME TO VIRTUAL WELLNESS COACHING!

We're excited to work with you using our new virtual software. Please read through the instructions below prior to your appointment. Also please read the note at the bottom of the page regarding data usage.

WHAT DO YOU NEED?

- Smart phone or tablet with the ability to download an app.
- If using a desktop/laptop, you will need a web camera and microphone.

GETTING STARTED

- Download the "ZOOM" app on your device. Look for this icon in your app store.



MEETING TIME

- The wellness coach will contact you via email with a link to join the meeting.
- You will connect via secure video with your wellness coach.

TROUBLESHOOTING

- **No Sound?**
You may have your device muted. Click the microphone at the bottom left-hand corner if it has a red slash through it.
- **No Video?**
You may have your device's camera turned off. Click the camera button to turn on video if it has a red slash through it.
- Use the chat function to talk with the coach to help get restarted if issues continue.



Note Regarding Data Usage: Please be aware virtual sessions do require the use of your own personal device. Employee Wellness is not responsible for any plan, data or usage charges that may be incurred from this meeting. Please ask your mobile service provider if a video conference will create any additional charges if you are unsure.