



Renew You

Support to Achieve Your Personal Well-being Goals

FREE Lifestyle Coaching

Partner with a Lifestyle Coach to set and achieve your goals.

- Need a plan for changing or sticking to healthy habits for diet, exercise, stress or sleep?
- Want help on how to lose weight or lower your cholesterol, blood pressure or glucose?
- Know what to do but need an accountability partner?

Onsite at ECU Health Hospitals, Lifestyle Medicine Clinics and Wellness Centers. **Virtual** options also available.

Free for all team members and covered adult dependents through ECU Health Wellness & Lifestyle Medicine.

Eligible participants with diabetes may also qualify for **free medication**.

Plus, Many Other Well-Being Services to Renew You

Health Risk Assessment

Free labs, biometrics & Know Your Number report

Care Management

Free for high risk ECU Health Medical Plan members

Free Medications For Diabetes

For Coaching or Care Management participants

Nutrition & Weight Loss

Free nutrition assessment, eating plan & counseling

Healthy Weight Clinic

Lifestyle & medical weight loss treatment

Lifestyle Medicine Clinics

Lifestyle treatment for diabetes, weight, blood pressure, cholesterol & more

Diabetes Care

Diabetes specialists

Continuous Glucose Monitoring

Education, device & testing supplies

Culinary Medicine

Cooking classes to learn how to use food as medicine

Tobacco Cessation

Free coaching & nicotine replacement

Wellness Centers & Gyms

Wellness Center & Pool **discount** \$25/mo
Free hospital fitness rooms
Discounts to gyms

Exercise Classes

Zumba, Body Pump, Cardio Pump, Spin & Aquatic classes

Personal Training

Exercise assessment & training to boost your fitness

Exercise is Medicine

Supervised exercise for cancer, diabetes, heart, & more

Mental Well-being Consultation & Counseling

Free with licensed counselor through ECU Health EAP

Yoga, Tai Chi & Massage

Mind-body services

Advance Directives

Free Health Care Power of Attorney & Living Will

Legal & Financial Services

Free through ECU Health EAP

Wellness Challenges

Free on the Wellworks App

Pregnancy Wellness

Coaching, nutrition and exercise services for healthy mommy and baby