



HEALTH COACHING & COUNSELING SERVICES

Health Coaching



How can it help?

A certified health coach can help you identify what you want to work on, and strategies to help you be successful in reaching your goals. We take a non-prescriptive approach, meaning that you set the goals and we help you achieve them.

What is available?

- Unlimited, confidential telephonic coaching sessions
- Flexible hours convenient for you

What participants are saying about health coaching.

- "I have learned to manage my stress on a daily basis."
- "Coaching helped me stay on my priority list."
- "I have improved my sleeping habits over the past year."
- I lowered my blood pressure and am no longer on medication."
- "I lost over 20 pounds!"

Call 1-800-955-6620, option 2

Counseling



How can it help?

Your emotional well-being matters! If you're feeling overwhelmed by a personal or work-related concern or simply seeking greater emotional support and guidance, Preferred EAP's highly trained counselors are here to help.

What is available?

- Day and evening counseling appointments (usually available within three days, same day if urgent)
- Professional Development and Wellness Workshops
- Consultation support at 610-433-8550 or preferreddeap@lvh.com

Participants have sought assistance in handling the following issues, among others:

- Marital discord
- Grief and loss
- Job change
- Depression and anxiety
- Interpersonal conflict
- Family problems
- Stress
- Drug and alcohol abuse

Call 1-800-327-8878