



## Tools & Resources for Healthy Living

### What are Healthy Living tools and resources?

A web-based curation of health and well-being information presented in a variety of formats including video, audio, slideshow, text, skill builders, online seminars and more. These tools and resources are designed to help you navigate through the world of living a healthy life, and are organized into the following main categories:

- Health Tools
- Live Healthy
- Healthy Eating
- Healthy Recipes
- Medical Care
- Infants and Toddlers Health
- Children's Health
- Adolescents' Health
- Women's Health
- Men's Health
- Seniors' Health
- Health Challenges

### What can I get out of these resources?

You can expect to find information that can help you live a healthier life. Learn about medical conditions, addiction and recovery, aging well, relationships and communication, dealing with life's challenges, planning the future, raising children, and more. You'll find a wealth of healthy, nutritious recipes that include appetizers, pastries, beverages, desserts, grilling, soup, and stir-fry among others.

If you're looking to stay active, you can find information on running your first 5K, guided floor, yoga, aquatic exercises and more. You also have access to online seminars covering topics on building resiliency, eating your way to wellness, improving sleep health, staying fit at work, how to stick to your goals, creating a personal development plan, and other wellness topics that can help you live a healthier life.

There is also an entire section on health assessments that can be found in the main category of **HEALTH TOOLS**. Listed under **FAVORITE CONTENT**, this section called **ASSESS YOUR HEALTH** offers self-assessments on a variety of health discipline profiles, health risks, life/work styles, as well as conditions and symptoms.

### How can I access these tools and resources?

These resources are available through your EAP website at **WELLSPRINGEAP.ORG**. Log in with the username **BHT**, and under **WELLNESS TOOLS** in the main navigation menu, select **THRIVING TOOLS**. If you have any questions about these resources, you can call WellSpring EAP any time.

# Wellness Tools & Resources



Whether you've made a decision to start living a healthier lifestyle, or whether you're contemplating but don't know where to start, Wellspring EAP™ offers supportive services for wherever you are in the decision-making process. Our goal is to help remove barriers that keep you from achieving your goals, as well as help you build healthy habits to support you on your way to wellness. Here are some examples of ways we can help:

**PHYSICAL**

- Meal planners
- Finding a fitness class
- How to stay fit at work
- Find a trainer
- Tips for eating healthy
- Gym membership discounts

**EMOTIONAL**

- Working on motivation
- Explore stress related issues
- Health assessments
- Managing anxiety

**SOCIAL**

- Ideas for healthy group activities
- Managing peer pressure
- Find online health support groups

**COGNITIVE**

- Join a book club
- Volunteer
- Take a class
- Learn a new skill

The EAP benefits that can help you with your goals include:

**DAILY LIVING**

Chat live with a resource consultant to get help for finding information or resources like:

- A yoga class or fitness trainer
- A local or destination walking trail
- Smoking cessation programs
- Support groups

**ONLINE RESOURCES**

Includes audio, video, and text-based tools such as:

- Health assessments and quizzes
- Skill builders
- Health & wellness calculators
- Menu planners
- Monthly on-demand wellness and productivity webinars

**COUNSELING**

Connect with an experienced therapist to get help with concerns like:

- Working on motivation to get healthy
- Breaking unhealthy habits
- Managing stress and anxiety
- Dealing with peer pressure

**RESOURCE REFERRALS**

Because obstacles & challenges are different from person to person, we offer a personalized approach to connecting you with resources that meet your unique needs & circumstances. All you have to do is tell us, and we'll connect you to the appropriate resources.

To learn more about how Wellspring EAP™ can support your wellness goals, give us a call today, or go online to send an online referral request.