



## Self Help Works



**Habits are easy to start and hard to break. Make your lifestyle goals a reality with video-based workshops. Ready for a healthier lifestyle? It's easier than you think!**

**Self Help Works online programs** use a training process that combines the principles of cognitive behavioural therapy with health coaching best practices, for members and their eligible dependents.

- **Quit smoking for good**

You know every puff is dangerous, yet you find it hard to stop. This program will help you quit forever.

- **Lose weight without the need for willpower**

Learn how to change the way your mind responds to food, and drop the pounds permanently without even trying.

- **Regain control over your alcohol consumption**

Choose health, choose clarity, choose sobriety – without feeling deprived. Participation remains completely confidential.

- **Learn to love exercise**

This 12-week program begins where you're sitting right now and ends 12 weeks later with a healthy new you that loves being active.

- **Reduce stress**

It's part of life but it doesn't have to run your life. Regain control, learn to face your problems head-on, and find the peace you seek.

- **Manage your diabetes**

Discover how to manage your condition with power and confidence so that you can lead a normal, happy life.

- **Restore sound sleep**

Change the thoughts and beliefs that drive insomnia, reset your body clock, and learn to rest well to live well.

[member.avidonhealth.com/liuna183](https://member.avidonhealth.com/liuna183)

**Learn more about these lifechanging programs and get started today!**

All you need to register is your Group Policy Number and Certificate Number, located on your Member Advantage card.

