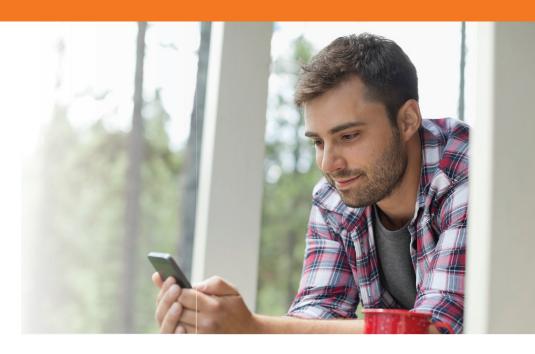




# Self Help Works



# 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.

#### Ouit 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 headon, 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.

## portals.selfhelpworks.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.

