

CareNow Digital Health Coaching

Gain the knowledge, skills, tools and confidence to reach your personal goals and take charge of your health.



CareNow Digital Health Coaching provides self-guided support that helps you

- Understand your health risks and how they affect their life.
- Find answers on wellness related questions and concerns with LifeWorks materials.
- Set goals to make ongoing lifestyle changes.
- Maintain motivation as you work toward those goals.
- Gain more control over your health & wellness.

Current programs include



Tobacco/Nicotine Cessation

Get the personalized support and tools you need to help you quit smoking or using tobacco and nicotine products for good. LifeWorks takes a proven approach that uses lifestyle management techniques to help you stop, fight off cravings, and stay tobacco and nicotine-free.



Weight Management

This program focuses on lifestyle changes you can stick with for life. This program will assist you with healthy eating habits and physical activity to help you reach your goals.



Nutrition

This program helps you by providing advice on meal planning and mindful eating to help you make informed decisions about the food you consume to improve your overall health and wellbeing.



Sleep

Getting too little or too much sleep can affect you in many ways. This program helps you by providing advice on the amount of sleep you need, what to do to get a better night's sleep, how to fall and stay asleep and other valuable strategies to support you.

Best of all, you can get started whenever you are ready, simply by accessing the LifeWorks platform.

Time to take care of yourself the way you want it - go on the platform and access **CareNow Digital Health Coaching** through the 'Well-being' section today.

[Download the LifeWorks app and choose the path of care that suits you and your life with CareNow](#)

