

MED PLUS ADVANTAGE STRESS AND WELLNESS PROGRAM



Provided by Ceridian LifeWorks

Want to feel better, healthier, more focused, and less stressed? Find out how the Med Plus Advantage Stress and Wellness Program can help.

Med Plus Advantage group LTD policies are accompanied by the Med Plus Advantage Stress and Wellness Program—a unique program designed to help you stay healthy.

We all know that being a medical student or a resident is challenging and stressful—from long hours and sleepless nights to an intense, ever-changing work schedule and a diet that may rely too heavily on vending machines, fast food and too much caffeine! The Med Plus Advantage Stress and Wellness Program offers you access to your own professional health coach who can help you find ways to handle everyday stress more effectively so that you stay healthier, perform more effectively and feel better.

Personalized help to manage stress and improve your health and well-being.

Through the Stress and Wellness Program, you'll have access to a wide range of helpful online tools, including the Life Health Assessment—a simple online questionnaire designed to help you evaluate your overall health and figure out what health goals you'd like to work on. When you enroll in the program, you'll be contacted by a professional health coach who will help identify the issues you'd like to work on, from stress and overload to poor diet or lack of exercise, and help you create a plan that works for you. You can get coaching to help you manage daily stress, improve your health, or set and achieve your own personal diet and fitness goals. You'll work with your coach when it's convenient for you—there are no classes or meetings to attend. There's no nagging, no deadlines—just the encouragement and support you need. It's brought to you free of charge and it's completely confidential.



The Med Plus Advantage Stress and Wellness program can help you:

- *feel better*
- *cope with stress*
- *get a good night's sleep*
- *eat a better diet*
- *be healthier*
- *feel calmer*

Med Plus Advantage Stress and Wellness Program FAQ

What is health coaching?

Health coaching is a collaborative process designed to help support you as you work towards a health-related goal you've set for yourself. Your coach will work in partnership with you – providing the structure, accountability, expertise and inspiration to enable you to learn and develop beyond what you might be able to do on your own. Your health coach is there to listen, inspire, motivate, challenge, teach, support, and encourage you along your path to success. The coaching process should be helpful, enjoyable and productive.

How does health coaching work?

You can enroll and participate in health coaching over the phone or online—whichever works best for you. If you choose telephonic coaching, your coach will schedule calls at convenient times for you. Each session is usually about twenty minutes. During your sessions, you'll set the agenda of what is covered and discussed on the call. With online coaching, you have access to the resources online on your personal webpage. You'll post messages to your coach and your coach will respond within one business day.

I'm nervous about talking to a coach—eating and weight are really sensitive issues for me.

It's normal to feel apprehensive about talking to someone about a personal issue like your health or appearance. The coaches are caring, trained professionals with years of experience in coaching people about their health. They're not here to judge you or to tell you what to do. They're here to listen to you and to work with you to achieve your goals.

I'm already so busy—is my coach going to call me and nag me all the time?

No. With the health coaching program, you're in the driver's seat. You and your coach will decide together when to schedule your coaching calls. You can call and leave a message for your coach anytime and your coach will return your call within one business day. In addition, you will have access to your own personal online homepage where you can post a message to your coach any time. You can cancel or reschedule a health coaching call whenever you like.

How can I be sure that the information I give out isn't being shared with my hospital or my health insurer?

Ceridian shares group results with the American Medical Association so that they can make decisions about health and benefits programs that they may offer, but your specific information is never shared with your insurance company, the AMA, your department head or anyone else.

If I have to give the health coach my name and information, how is the program confidential?

Ceridian takes your name and information for their records, so your coach can contact you, but they do not ever share this information with anyone.

I've been so stressed out, but just thinking about talking about it with someone makes me even more stressed out! What can I do?

Just call. A coach can be a helpful, objective person to talk to you about what's causing your stress, whether you're overscheduled, trying to juggle too much at work and at home, or not getting enough sleep. The program is designed to help find a solution to the issues that are causing you stress and to provide you with tools and skills to better manage your stress in the future.

About the Med Plus Advantage Stress and Wellness Program



*The Med Plus Advantage Stress and Wellness Program is provided by Ceridian LifeWorks—the nation's largest provider of work-life and employee assistance services. The service is completely confidential. No one can find out any information you provide without your consent, or even that you used the service.**

*We abide by all state and federal laws. These laws may require us to limit service or report information to authorities regarding child abuse, elder abuse or threat of harm to yourself or others.