



# How can we help?

Baylor Scott & White team members and spouses have access to free coaching sessions with a Registered Dietitian/well-being coach. These sessions will provide you with guidance in the areas of nutrition, exercise, stress management, mindfulness and behavioral changes to achieve optimal well-being of mind, body and spirit.

## Get help with:

- Chronic disease management
- Nutrition coaching
- Body Image
- Movement
- Stress management
- Mindfulness
- Financial and professional goal setting
- Sleep
- Behavioral change

Sign up for your free coaching session with this [link](#) or the QR code below.



For more information visit [BSWHealth.com/Benefits/LiveWell](https://BSWHealth.com/Benefits/LiveWell)