



Toll-Free and Online Access

The Services Are Free For You

- Wellness coaching via phone or instant messaging Monday through Friday 8am to 8pm EST
- Personalized Wellness Growth Plans
- Educational materials on fitness and health-related topics
- Online wellness programs available 24/7
- Online articles and tools including more than 40 questionnaires and health profiles, multi-media instruction, diet and fitness tracking tools, and downloadable tipsheets
- Online video blogs; Internet live radio educational sessions
- Secure personalized Web portal used to communicate with your Coach

Accessing the Service is Easy

- Toll-free: 1-800-280-3782
- Website: www.idaholawyerbenefitplan.com
 - Login to your Employee Account to access the Idaho Lawyer Benefit Plan Wellness Program.
 - You will need to enter your company code which is your group number.
 - You will then need to Register or Login to the Live Well on the right side of the screen, and enter your user name and password to access the Wellness Coaching.



Wellness Coaching Programs



Wellness Coaching for the Lifestyle You Live



Advantage Live Well offers Wellness Coaching to help you assess your current lifestyle, and create plans for achieving the lifestyle you want to live. All Coaches are trained specialists qualified to assist you with weight management, nutrition, exercise, and specialty/chronic conditions. You will be better equipped to get the results you want with the support of a Wellness Coach who will work with you every step of the way. Pair your personal coach with the online programs *Living Free: Smoking Cessation* and *Living Lean: Weight Management* and you are ready for success.

Live Lean

Losing weight and keeping it off isn't easy. Our Wellness Coaches understand the struggle, and work with each individual to develop a personalized plan for living a healthy life. In conjunction with the online *Living Lean* program, your Wellness Coach assesses your specific situation, and provides the guidance you need to succeed through:

- Controlling food cravings
- Portion control
- Creating a fitness program
- Helping you stay motivated

Live Smoke-Free

If you want to quit smoking, but have found it difficult to stop, let our Wellness Coaches, certified by the American Cancer Society, help. Paired with our online *Living Free* program, your coach will help you:

- Understand tobacco dependence
- Learn to eliminate the desire to smoke
- Adhere to a withdrawal strategy

Live Fit

Maintaining a fitness routine is much easier with support from a coach. Regardless of your current fitness level, a Wellness Coach can work with you one-on-one to assess your fitness aptitude, set goals for greater fitness, and develop a personalized program to help you establish and maintain a healthful lifestyle. Your coach will help you:

- Select fitness routines that will be most effective for you
- Locate resources in your area to support your fitness routine
- Remain motivated to make fitness part of your lifestyle

Live Healthy

Individuals living with chronic or specialty health conditions can maintain a healthy lifestyle, when their condition is managed by their medical providers, and supported by our Wellness Coaches. Coaches offer basic support, information and referrals for conditions such as:

- Arthritis
- Asthma
- Back and neck pain
- Heart conditions
- Diabetes
- Pregnancy
- Menopause

Live Holistically

Wellness Coaches can also assist you with your complementary care by referring you to holistic providers for:

- Acupuncture
- Chiropractic services and massage therapy
- Diet, nutrition, and personal training assistance
- Yoga and Pilates instruction