



Premium Wellness Coaching



Access Details:

Your Employee Assistance Program services are free, confidential, and always available 24/7/365.

To access services call MINES or visit our website (contact details below) to complete a digital intake for EAP service. Our client navigators are available to answer any questions you may have and help you access any of the EAP services available to you and your household members.*

** Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

Your Premium Wellness Coaching Services

One of the goals of MINES' Employee Assistance Program is to provide you with full, comprehensive wellness support no matter what your wellness goals may be. Everyone has different wellness goals and are tackling unique challenges in their lives, so we strive to provide coaching that can help no matter the life situation. That's where the Premium Wellness Coaching and consultation services come in.

With MINES Premium Wellness Coaching, you and your household members have access to a suite of wellness support that includes coaching and consultation for a wide range of wellness topics. These include professional wellness coaching, a virtual reality smoking cessation and stress management program, and comprehensive parental coaching and lactation consults. See below for details.

- **Professional Wellness Coaching:** 4 telephonic sessions per year of professional wellness coaching and support with a personal, board-certified, wellness coach. Topics include: nutrition, improved sleep, life balance, stress reduction, fitness training, professional development, and more.
- **MindCo Stress Relief and Smoking Cessation:** 6-weeks of inclusive, CBT (cognitive behavioral therapy) based smoking cessation or stress management programs delivered through a virtual reality headset. Includes mindful exposure therapy, extensive follow-up, and helpful peer support.
- **Parental & Lactation Coaching:** 4 telephonic sessions per year of parental coaching and lactation support that includes help solving sleep and behavior problems, learning how to work from home with kids, getting along with siblings, pre- and post-natal feeding topics, breastfeeding at work, and more.
- **There's More!** In addition to the coaching types above, MINES also gives you access to Financial Coaching for money and budget topics, Life Coaching for those who are at a crossroads and need support around the next steps in their life, Career Coaching for figuring out the next step in your career, Work Performance Coaching to help improve your performance, workflows, processes to become more efficient at work, plus other coaching needs including nutrition/dieting, special education, and more!

Call or log on to access your wellness coaching services today!

Free & Confidential support!
Call or log on today to get started at:
1-800-873-7138 or visit
minesandassociates.com

This guide is for informational purposes only. Call MINES for complete details.

