

Better Health, One Goal at a Time with Virtual Health Coaching



The Virtual Health Coaching Program is designed to empower participants to make changes that will have a positive, lasting impact on their health by providing them with:

- ✓ 12-months of access to the NexJ Connected Wellness platform + 6 months of 1-on-1 support from a personal health coach
- ✓ Personalized management plans for multiple conditions
- ✓ Daily online exercise, mindfulness and meditation sessions
- ✓ Complete confidentiality — personal information will not be shared with the participant's employer
- ✓ Convenient desktop or mobile-app access anytime, anywhere
- ✓ Easy tracking by syncing certain wearable devices
- ✓ Hand-picked health education content that's relevant to the participant



If you're interested in learning more, please [reach out to our team](#).