



Need help improving your health?

Health coaching can help you achieve your goals

Do you want to manage your stress, eat better, quit smoking, get more sleep or physical activity? From small improvements in your health to something transformative, a health coach can help.



How it works

A health coach can help you:

- Define your goals
- Learn to overcome obstacles
- Create a plan
- Stay motivated
- Track progress
- Celebrate success

This service is delivered by certified coaches who are recognized by the National Board for Health and Wellness Coaching. Many also have Master's level education in a related health field.



We all need a little help sometimes, especially when it comes to our health and well-being
Ready to get started? Call Aspiria at 1 877 234-5327.

The information in this document is for general information purposes only and is subject to change without prior notice. Empire Life assumes no responsibility for any reliance made on or any inaccuracy in the information contained in this document. ® Empire Life and Empire Life logo are registered trademarks of **The Empire Life Insurance Company** ("Empire Life"). All other trademarks are the property of their respective owners. Policies are issued by Empire Life.

The Empire Life Insurance Company

259 King Street East, Kingston, ON K7L 3A8

Insurance & Investments – Simple. Fast. Easy.®
empire.ca info@empire.ca 1 877 548-1881

Aspiria | Empowering People
& Organizations
Since 2003



Health Coaching



Answers to frequently asked questions

What is health coaching?

Just as a hockey or golf coach can help you improve your game, a health coach can help you improve your health. Health coaching can help you change in ways that you want to change—through goal setting, planning, taking action, measuring progress, motivation and support.

How do I know if health coaching is right for me?

Are you interested in getting a better night's sleep, losing weight, quitting smoking, drinking less, eating a more healthy diet—or improving some other aspect of your health? Are you ready to make concrete plans and follow through, with the help of a supportive coach? If the answer is yes, health coaching might be right for you. We all need a little help sometimes, especially when it comes to our health and well-being.

How does it work?

Health coaching is delivered online, through one-on-one coaching sessions. In between sessions, you follow your plan.

You can text your coach questions, receive motivational messages, and learn from a range of online videos and articles.

Health coaches are trained in the science of motivation and behaviour change, so they can help you:

- Define your goals
- Learn to overcome obstacles
- Create a plan
- Stay motivated
- Track progress
- Celebrate success

What qualifications do health coaches have?

This service is delivered by certified coaches who are recognized by the International Coaching Federation (ICF). Many also have Master's level education in a related health field.

Is there a charge to use health coaching services?

Health coaching is included in your AssistNow EAP delivered by Aspira, at no additional cost to you.

Is information shared with my employer?

As with all EAP services, the health coaching program is 100% confidential. Aspira does not report any personal information to your employer.

How do I get started?

Call 1 877 234-5327 to book an appointment with a health coach.



For more information, please contact our customer service team at 1 800 267-0215 or by email at group.csu@empire.ca

The information in this document is for general information purposes only and is subject to change without prior notice. Empire Life assumes no responsibility for any reliance made on or any inaccuracy in the information contained in this document. © Empire Life and Empire Life logo are registered trademarks of The Empire Life Insurance Company ('Empire Life'). All other trademarks are the property of their respective owners. Policies are issued by Empire Life.

The Empire Life Insurance Company

259 King Street East, Kingston, ON K7L 3A8

Insurance & Investments – Simple. Fast. Easy.®
empire.ca info@empire.ca 1 877 548-1881

Aspira | Empowering People & Organizations
Since 2003





Calm your body and your mind

Feeling stressed? The Aware™ mindfulness program can help.

When was the last time you felt completely calm and at peace? Most of us have experienced this sensation but the moment passes. Sometimes our endless to-do lists – and the chatter in our heads – can feel overwhelming.

The Aware mindfulness program can help you calm both your mind and body, let go of negative thoughts, and feel more grounded in the present moment. This can help you better deal with stress, remain productive at home and at work, and be more open to life's beauty.



How it works

An Aware specialist will guide you step-by-step, and help you learn the skills you need to reduce stress, focus on the present, and increase your overall well-being. You will enjoy:

- Six telephone sessions with an Aware specialist
- Mindfulness exercises in each session
- A practice plan tailored to your needs
- Online resources such as a journal, guided exercises, and a resource guide



Aware is included in your AssistNow EAP delivered by Aspira, at no additional cost to you.
Ready to get started? Call 1 877 234-5327.

The information in this document is for general information purposes only and is subject to change without prior notice. Empire Life assumes no responsibility for any reliance made on or any inaccuracy in the information contained in this document. ® Empire Life and Empire Life logo are registered trademarks of The Empire Life Insurance Company ('Empire Life'). All other trademarks are the property of their respective owners. Policies are issued by Empire Life.

The Empire Life Insurance Company

259 King Street East, Kingston, ON K7L 3A8

Insurance & Investments – Simple. Fast. Easy.®
empire.ca info@empire.ca 1 877 548-1881

Aspira | Empowering People
& Organizations
Since 2003



Aware™ Mindfulness Program



Answers to frequently asked questions

What is Aware?

Aware is a mindfulness program. It can help you feel more peaceful by teaching you how to focus on the present moment, let go of negative thoughts, and calm both your mind and body.

Mindfulness skills can help you deal with stress more effectively and remain productive at home and at work. The Aware mindfulness program is included in your AssistNow EAP delivered by Aspiria. There is no additional cost to you.

How do I know if Aware is right for me?

Are you concerned that you spend too much time worrying about the future, revisiting the past, daydreaming, or thinking negative thoughts? This can be exhausting and make you more likely to experience mental health problems like stress and anxiety. To explore the benefits of mindfulness, contact Aspiria. One of the counsellors will talk with you about your situation and help you decide if the program is a good fit. They can also talk to you about other mental health benefits that may help. Ready to explore? Call 1877 234-5327.

How does it work?

An Aware specialist will guide you step-by-step, and help you learn the skills you need to reduce

stress, emphasize the present, and increase your overall well-being. You will enjoy:

- Six telephone sessions with an Aware specialist
- Mindfulness exercises in each session
- A plan tailored to your needs
- Online resources such as a journal, guided exercises, and a resource guide

What qualifications do Aware specialists have?

Aware specialists are certified coaches. They also have a Master's degree in a relevant health field, such as psychology and social work.

Is there a charge to use the Aware program?

Aware is included in your AssistNow EAP delivered by Aspiria, at no additional cost to you.

Is information shared with my employer?

As with all EAP services, the Aware mindfulness program is 100% confidential. Aspiria does not report any personal information to your employer.

How do I contact Aware?

Ready to get started? Call 1 877 234-5327.



For more information, please contact our customer service team at 1 800 267-0215 or by email at group.csu@empire.ca

The information in this document is for general information purposes only and is subject to change without prior notice. Empire Life assumes no responsibility for any reliance made on or any inaccuracy in the information contained in this document. © Empire Life and Empire Life logo are registered trademarks of The Empire Life Insurance Company ('Empire Life'). All other trademarks are the property of their respective owners. Policies are issued by Empire Life.

The Empire Life Insurance Company

259 King Street East, Kingston, ON K7L 3A8

Insurance & Investments – Simple. Fast. Easy.®
empire.ca info@empire.ca 1 877 548-1881

Aspiria | Empowering People & Organizations
Since 2003





No one should face cancer alone



Has your life been touched by cancer? OnCallogic can help.

OnCallogic is a specialized workplace cancer support service for those who have been affected by cancer. It provides:

- Counselling sessions with cancer coaching specialists. You can talk about anything from pain management to communicating with children
- Expert information on how to navigate the healthcare system
- Helpful resources

Today, new treatments offer more hope than ever before—and the number of people surviving cancer has never been higher. Still, a cancer diagnosis can be frightening. And when one person has cancer, the saying goes, everyone who loves them does, too. Children in particular need help to understand what's going on.

Whether you have cancer yourself or you are a friend or family member of someone who does, the OnCallogic team is here to support you.

➤ **OnCallogic is included in your AssistNow EAP delivered by Aspiria, at no additional cost to you. For a referral to OnCallogic, call Aspiria at 1 877 234-5327.**

The information in this document is for general information purposes only and is subject to change without prior notice. Empire Life assumes no responsibility for any reliance made on or any inaccuracy in the information contained in this document. ® Empire Life and Empire Life logo are registered trademarks of The Empire Life Insurance Company ('Empire Life'). All other trademarks are the property of their respective owners. Policies are issued by Empire Life.

The Empire Life Insurance Company

259 King Street East, Kingston, ON K7L 3A8

Insurance & Investments – Simple. Fast. Easy.®
empire.ca info@empire.ca 1 877 548-1881

Aspiria | Empowering People
& Organizations
Since 2003



OnCallogic Cancer Support



Answers to frequently asked questions

What is OnCallogic?

OnCallogic is a cancer support service that can provide you and your loved ones with counselling, information, and helpful resources. The goal is to offer practical support to people whose lives have been touched by cancer, and help make sure no one faces cancer alone.

How does it work?

The OnCallogic team provides practical, evidence based, empowering support. Their focus is helping you live with cancer whatever the outcome, and wherever you are in your journey.

Counselling

- Schedule up to four one-on-one sessions with a cancer specialist to ask questions and receive emotional support

Information on navigating the healthcare system

- Plan for meetings with your cancer care team, so you ask the right questions and feel prepared
- Support for children, family members, friends and colleagues
- Learn about the resources and programs available for people touched by cancer

Helpful resources

- Receive information on a wide variety of topics, including diet, exercise, mental health, support groups, support for children, spouses and partners, friends and colleagues

How do I know if OnCallogic is right for me?

If you have been diagnosed with cancer, you may be experiencing a range of uncomfortable emotions. Perhaps it's not you but someone you care about who has cancer. Either way, you may have questions. You may also be looking for support from people who understand your situation. OnCallogic can help.

What qualifications does the OnCallogic team have?

OnCallogic services are provided by registered mental health professionals with extensive, experience with oncology.

Is there a charge to use OnCallogic services?

OnCallogic is included in your AssistNow EAP delivered by Aspira, at no additional cost to you.

Is information shared with my employer?

As with all EAP services, OnCallogic is 100% confidential. Aspira does not report any personal information to your employer.

How do I get started?

For a referral to OnCallogic, call Aspira at 1 877 234-5327. An OnCallogic counsellor will call you within one to two business days to set up your first appointment.



For more information, please contact our customer service team at 1 800 267-0215 or by email at group.csu@empire.ca

The information in this document is for general information purposes only and is subject to change without prior notice. Empire Life assumes no responsibility for any reliance made on or any inaccuracy in the information contained in this document. ® Empire Life and Empire Life logo are registered trademarks of The Empire Life Insurance Company ('Empire Life'). All other trademarks are the property of their respective owners. Policies are issued by Empire Life.

The Empire Life Insurance Company

259 King Street East, Kingston, ON K7L 3A8

Insurance & Investments – Simple. Fast. Easy.®
empire.ca info@empire.ca 1 877 548-1881

Aspira | Empowering People & Organizations
Since 2003

