

## Health and Wellness



### Website Resources:

- **Assessments** including HRA's, cardiac risk, diabetes, well-being, depression, anxiety, and more
- **Health Videos** - over 700 videos from NBC Universal on topics from allergies to urology
- **Recipes** - over 200 dietician-reviewed recipes with nutrition information included
- **Health Information** including hundreds of articles, tip sheets, and content on a wide range of health related conditions

***Did you know...* Your IMPACT EAP & Work/Life Program offers wellness coaching services with a nutritionist?**

Your IMPACT EAP is an excellent source of information to help you reach your health and wellness goals. Visit us on the web at [www.MyImpactSolution.com](http://www.MyImpactSolution.com) to learn more about common health conditions, complete helpful assessment tools, watch informative videos, and download dietician approved healthy recipes all in one convenient location. You can also contact IMPACT at 800-227-6007 to schedule an appointment with a nutritionist who will help you get on the right track to a healthier lifestyle.