

SOUTHERN ILLINOIS HEALTH AND WELLNESS INSURANCE TRUST WELLNESS PROGRAM



HEALTH COACHING

Confidential health coaching is available to all employees. Our Health Educators will work with you to develop a personal action plan that includes: discussing your current health and wellness interests; assisting you in developing a tailored wellness plan; providing you with educational materials and guidance to support your wellness plan; and offering ongoing support and resources to help you achieve your goals.

WELLNESS PORTAL FEATURES

- Health Improvement Programs
- Wellbeing Place Blog
- Personal Health Assessments
- On-Demand Wellness Videos
- Wellness Challenges
- Monthly Webinars and Newsletters
- Access to Gym Memberships Discounts



MARQUEE
HEALTH