

Wellness Benefits

Your Wellness Concierge

Your wellness concierge is available to help you find tools and resources to move your individual wellness plans forward. No need to search through libraries and comb through endless internet searches; tell us what you are interested in learning more about or what you need to accomplish your goals, and we will find the resources to suit your needs. Our wellness professionals will identify and vet information to create personalized resources that are tailored to your specific interests and goals.

Materials May Include:

- Articles
- Videos
- YouTube Tutorials
- Apps
- Blogs
- Trackers
- Assessments
- Local Classes with Pricing
- Wellness and Fitness Event Calendars

Health Coaching

Our certified health coaching staff is available to work with you to make a change in your overall wellbeing. eni's coaches are trained in behavior change principles and are available to assist you in identifying change readiness. Coaches will help you form a wellness plan and support you along the way. Your coach is a source of motivation, support, accountability and information so you can be confident that you are moving in the right direction. Health coaches are available by appointment Monday through Friday from 7am to 5pm EST. Calls range from 5-30 minutes, depending on what you need to review, and may be as frequent as once per week or spread out to meet each individuals needs.

Available to you and your eligible family members!

1.800.327.2255 | Log-on at www.nexgeneap.com | Mobile app: BalanceBenefits