

Sometimes the best medicine isn't a pill, it's a lifestyle change.

The Hartford offers a number of no-cost programs to help you achieve optimal well-being. Sometimes a little support is just what you need to make a lasting change.

Your prescription to good health:

Lose some weight		
Lifestyle Coaching*	Work with a personal coach by phone to get help setting and reaching your goals for a healthy, active lifestyle.	Call 1-855-651-2910 or enroll online at http://mywellnessmywork.cafewell.com
Nutrition Counseling	In-person/telephonic nutrition counseling is available to all employees. Diabetes prevention group coaching program also available.	Contact Cheryl Zielke at 1-860-547-2492
Weight Watchers®	Proven strategies to help you make better food choices. The Hartford pays 50% of the cost.	Sign up at https://wellness.weightwatchers.com ; Use The Hartford's Employer ID: 64951 and Employer Passcode: ww64951
Get more active		
Fitness Reimbursement Program	Receive reimbursement of up to \$90 per quarter towards the cost of certain fitness-related activities.	Learn more at http://mywellnessmywork.cafewell.com
Lifestyle Coaching*	Work with a personal coach by phone to get help setting and reaching your goals for a healthy, active lifestyle.	Call 1-855-651-2910 visit http://mywellnessmywork.cafewell.com
Onsite Fitness Center	Access a variety of exercise equipment, daily group exercise classes, and professional staff to help you set and achieve your fitness goals.	Hartford: FitnessCenter.Hartford@TheHartford.com or 1-860-547-3589 Windsor: FitnessCenter.Windsor@TheHartford.com or 1-860-624-3699
Learn how to manage stress		
Employee Assistance Program	Don't wait until problems turn into crises. Support is available to help you manage life's every day challenges.	Call 1-800-563-4760 , 24/7 to speak to a representative
Sleepio® Sleep Improvement Program	Take control of your sleep and feel more energized throughout the day.	Discover your Sleep Score at www.sleepio.com/work/thehartford
eMindful Stress Less. Live More Program®	Calm your mind and reduce stress by learning mindfulness techniques through this program.	Sign up at https://thehartford.emindful.com
Lifestyle Coaching*	Get personalized support from a coach with strategies to help you manage your stress.	Call 1-855-651-2910 or visit http://mywellnessmywork.cafewell.com
Quit using tobacco		
Quit for Life	Connect with a Quit Coach to decide if nicotine replacement or other cessation products may be helpful. Unlimited calls with your coach, supportive text messages and access to an online support community.	Call 1.866.QUIT.4.LIFE or enroll online at www.quitnow.net/thehartford

*Available to employees enrolled in The Hartford's health plan who meet certain criteria. Learn about all of The Hartford's well-being program visit <http://mywellnessmywork.cafewell.com>