

Testimonials Tell the Story

“ I just signed up for the Health Coaching and they could not have been nicer!

Looking forward to talking with my coach and reaching my fitness goals. ”

---TWC participant 2015



Testimonials Tell the Story

“ Hi! Everything went well at Quest Diagnostics – they had everything they needed for me electronically. Seems when you sign up it generates a soft copy of the paperwork and then when you schedule your appointment it is sent to the screening center. It’s a much simpler process and reduces our footprint. ”
— *Lab Voucher Participant 2015*



Testimonials Tell the Story

“I thought I was going to take the StayFit & QUIT program on a superficial level just to earn my discount, but after going through Module 1, I want to become a non-smoker for the first time in my life”

---TWC/StayFit & QUIT participant 2015



Testimonials Tell the Story

“*Thanks, I did get some snack ideas from the link you sent. I’ve replaced my snack machine junk food with yogurt, skinny cow latte, dried carrots, and a huge bag of peanuts. I had to bring in a variety of snacks because I easily get bored with eating the same thing (especially when it’s healthy). Only traveled to the snack machine once since we spoke and that was for cranberry juice. Thanks for the recommendations!*”

---TWC participant 2015



Testimonials Tell the Story

“I recently changed my goals with my health coach because I wanted to address a more meaningful objective. I am still on track with my plan and new goals. I started following the clean eating plan and exercising to 21 day fit videos most days. I’m feeling much better just since last weekend. My shirts fit better and I’m down 4 lbs. My sleep has improved and I feel much better. ”

---TWC participant 2015



Lost 4 pounds and feels better!

Testimonials Tell the Story

“I was able to succeed because my coach provided the education, support and motivation I needed to change my diet. I now know which food to eat. I also learned about my body type and how best to keep in shape with a customized exercise plan just for me! I am feeding my kids more nutritious meals. The program is not only helping me, it is also helping my family.”

---Emily-TWC participant 2015



Simplicity
Health Plans

Lost 32 pounds and dropped 2 dress sizes!

Testimonials Tell the Story

“I attended the recent stress management seminar sponsored by my employer. I was not in a good state of mind at the beginning of the seminar; however the speaker really grabbed my attention. She was inspiring and made the topic and teaching impactful as she shared bits and piece of her life to make the presentation genuine. The tactics and strategies she shared really impacted me, lifting my mood and spirit.”

---StayFit Health Education Participant 2015



Testimonials Tell the Story

“ I began wellbeing coaching in January 2015 with a primary goal of addressing my financial wellness issues.... We began our session by looking for simple ways where I could “find” money. For example, by limiting the purchase of high priced, single bottles of soda, I actually saved \$50 a month! Each session my coach provided me with “homework” – short term, money saving goals. Before long I had “found” more money than I ever would have expected possible.

Most importantly, I have learned about the distinct advantage of closing the gap between health and wealth. I always thought that you had to have money to be healthy – eat expensive organic food, join a gym etc. What I learned from my coach is that if you start by working on your physical health first, the financial health follows hand-in-hand. I overcame my financial fears and met with a financial advisor. I even tackled my taxes (with a \$10K rebate). Now I have the courage and confidence to continue on a healthier and wealthier journey. My coach made a huge difference in my life! ---TWB participant 2015 ”



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Testimonials Tell the Story

“I have lost 6 pounds since my first health coaching session!”

— *TWB Participant 2015*



Testimonials Tell the Story

“

I want to say that with the help of my personal wellness coach from Simplicity Health Plans, my life is going in the right direction again. The plan my coach set up for me is easy to follow, easy to understand and most importantly, easy to keep up with my busy life. Thank You!”

— *TWB Participant 2015*



Simplicity
Health Plans®

Testimonials Tell the Story

“

My coach has helped me pick healthy snack options so I could lose more weight. I lost an additional 7 pounds!”

— *TWB Participant 2015*



Simplicity
Health Plans®

Testimonials Tell the Story

“ I really enjoyed the in-services yesterday. I'm a divorce single mom to a wonderful daughter , the health educator inspired me to take better care of my physical self. Thank you! ”

— *Health Education Participant 2015*

