



Program Overview



Vitality is our interactive, personalized online wellbeing program, designed to inspire, educate and assist you in making healthy choices and adopting healthy behavior.



Guidance Resources Personal Health Coaching connects you with an educated and certified health professional that can help you achieve your personal health goals. Whether you want to improve your nutrition, exercise more, or lose that last 5 pounds, Guidance Resources coaches will personalize a plan and help you reach your goal.



Livongo cuts through the confusion and provides actionable, personalized, 24/7 support for those with a BMI of 27 or higher. With a coaching team backed by a clinically proven curriculum, along with an easy-to-use app and FREE cellular scale, the program promotes weight loss and better health through nutrition, activity, motivation, sleep and stress management.



The MyQHealth Tobacco Cessation Program can help you develop a personal quitting plan to stop smoking at your own pace and remain tobacco-free. Coaching and over-the-counter nicotine replacement therapy products (patches or gum) are offered for FREE.



Provided by ComPsych, Guidance Resources features licensed professionals to provide FREE confidential counseling, legal and financial services. In addition, the program includes access to comprehensive online resources to assist you with many different concerns that can impact wellbeing.



Barry-Wehmiller's 401(k) Retirement Savings Plan, administered by Transamerica Retirement Solutions, will help you successfully prepare for retirement. The 401(k) offers a wide variety of investment options and an optional self-directed brokerage account that allows even more hands-on account management.