

*Holtyn & Associates, LLC and Western Wellness invite you to the*

## **One-to-One Wellness Program**

*If you would like to have more energy and peace of mind, and move toward optimal health, this program is for you. There is no cost to you. Your privacy and confidentiality are our top priority. It is easy to participate and your registration in the program paves the way to a wealth of resources that will help you take charge of your health in new and exciting ways.*

### Here's how it works:

One-to-One begins with an appointment with a wellness professional that will help you complete an online health assessment and a biometric assessment that includes measurements of your blood pressure, cholesterol and glucose (blood sugar) levels, as well as body mass index, waist and fitness. No fasting is required and you will leave the assessment with all your results. Your wellness coach will also be taking the time to help you set a personal wellness goal that fits into your life and takes you where you want to go as you work to improve/maintain your health. Your personal wellness data will be available to you at your own secured personal website where it can be updated at any time. Please bring your Blue Cross/Blue Shield member card to your appointment so that you can access the online assessment.

Depending on your interest and needs, your personal wellness coach will periodically contact you to provide support, encouragement and assist you in meeting your goals. All participants in the program will have access to tools, events and support from the One-to-One website and a variety of Western Wellness programs and services.

More program details are available at [www.holtynhpc.com](http://www.holtynhpc.com) and [www.wmich.edu/wellness](http://www.wmich.edu/wellness)

### Here's how to get started:

1. Go to: **www.holtynhpc.com**
2. Click: **Login**
3. Click: **Enroll yourself**
4. ID: **32**
5. Account Password: **bronco**

Follow directions from there.

### Questions?

Holtyn One-to-One Wellness Program: Contact Danna Downing at 269/779-5453 or [d Downing@holtynhpc.com](mailto:d Downing@holtynhpc.com)

Western Wellness Program: Contact Jen Bailey at 269/387-3762 or [jen.bailey@wmich.edu](mailto:jen.bailey@wmich.edu)