



# Online Member Wellness

**TPABenefits, Inc. (TPAB)** has partnered with **WellCall, Inc.** to bring you the “**MyWellness**” customized health & wellness coaching, education, and referral services program.

**WellCall**, the country’s premier wellness solutions company, has provided health promoting programs for over 10 years that deliver employers significant savings each year. **WellCall** provides easy-to-implement programs that encourage employees to stop smoking, lose weight, eat better, reduce their stress, and make other healthy changes.

Here are some of the top areas in which **WellCall** has focused their efforts to educate and coach employees to impact their overall health:

- Nutrition & Weight Management
- Smoking Cessation
- Exercise & Fitness
- Pre & Post Natal Care
- Management of Chronic Conditions
  - High Cholesterol
  - High Blood Pressure
  - Diabetes
  - Asthma
  - Cardiovascular Care
  - Back Pain
- Stress Management
- Menopause



Through our continued dedication to health and wellness initiatives, **TPAB** has created the **WellCall** interface, “**MyWellness**,” to bring our clients a web based, integrated wellness solution. Plan members may now log on to their account through the **TPAB** powered website and participate in the “**MyWellness**” Program.

For more information about our services, please contact:

Daniel Burkholder, Senior Business Analyst  
Office: 210.641.7715 ext. 206  
Fax: 210.697.0360  
[Daniel Burkholder](#)

In Good Health!

**TPABenefits, Inc.**



# Lose Weight & Feel Great

Are you tired of cringing every time you look in the mirror? Do you keep promising yourself that you'll start your diet tomorrow? Whether this is your first or fiftieth attempt to lose it and keep it off, WellCall coaches will help you develop a personalized plan to manage your weight by:

- Determining a healthy weight
- Planning a balanced diet
- Developing a fitness and exercise program
- Staying motivated



*It's like having your own personal trainer guiding you every step of the way!*

*The best part of the program is that your employer pays the bill. So, what are you waiting for? Call 888-493-5522 to get more information about WellWeight and be on your way to a healthier lifestyle.*



WellWeight



*A Service from*

 **WellCall**  
A Healthy Change

**WellQuit [wel-kwit]** - (noun):  
a smoking cessation program paid for by your employer.



### Why WellQuit?

- ✓ Telephone Coaching
- ✓ Smoking cessation tips
- ✓ Free book "The Complete IDIOT'S Guide to Quitting Smoking"
- ✓ Diet tips to control or prevent weight gain
- ✓ And your employer pays the bill

Within 20 minutes of quitting, your body already starts the healing process:

**After 20 minutes**

Blood pressure decreases & pulse rate drops

**After 8 hours**

Carbon monoxide & oxygen levels return to normal

**After 24 hours**

Chance of a heart attack decreases

**After 48 hours**

Nerves start re-growing & smell & taste are enhanced

**After 2 weeks - 3 months**

Circulation & lung function improve & walking is easier

**After 1-9 months**

Coughing, fatigue & shortness of breath decrease

**After 1 year**

Risk of coronary heart disease is decreased by half



Call 888-493-5522 to get more information about WellQuit and take the first step towards freedom.

**WellQuit** A service from



# A Healthy Change.



A new program that can help you improve your health and well-being is now available as part of your benefit plan. Call 888-493-5522 or register online for confidential health coaching on topics of your choice:

## Lose Weight



Whether this is your first or fiftieth attempt to lose it and keep it off, WellCall coaches will help you develop a personalized plan to manage your weight. Your coach will help you determine a healthy weight, develop a fitness and nutrition program, and provide you with the motivation you need to succeed!

## Stop Smoking



If you've tried to stop but have been unsuccessful, WellCall coaches are Certified Smoking Cessation professionals that offer complete smoking cessation support and assistance to help you kick the habit for good. Your coach can help you understand physical addiction, deal with withdrawal symptoms, overcome obstacles and stay smoke free for life.

## Get Fit



No matter what your fitness level is, WellCall coaches will create a realistic and personalized fitness program. Your coach will help you discover the most effective type of exercise for you, determine how long and how often you should exercise, and find local resources for success.

## Prenatal and Postnatal Care



Wellcall coaches are trained to help you with prenatal planning and postpartum assistance, offering help in areas such as managing common discomforts of pregnancy, birthing methods, determining appropriate testing options, lactation support and postnatal follow up, and nutrition, diet and exercise support.

## Health Self-Management



WellCall coaches provide support for a variety of medical conditions and offer referrals to professionals and programs to help you manage arthritis, asthma, back and neck pain, heart health, diabetes, and menopause.

## Complementary Care



WellCall coaches offer information and referrals to carefully screened providers such as acupuncturists, chiropractors, massage therapists, dietitians and nutritionists, yoga and pilates instructors, and personal trainers.

## How to Get Started

Become a member of WellCall.com:

1. Go to [www.tpabenefits.com](http://www.tpabenefits.com)
2. If you are already a registered member, enter your Login ID and Password, or select "New Member Registration!"
3. If you are registering for the first time, follow the steps necessary to create your username and password
4. Log into the web portal with your username and password
5. Read the Privacy Agreement and select "I Agree"
6. Click the "My Wellness" tab and then "Access Wellness Program"
7. Under Wellness Services (left side bar), select a program to get started!



***The Surgeon General  
recommends that Americans get  
at least 30 minutes of physical  
activity a day, most days of the  
week***

### **Why 10,000 Steps?**

10,000 steps per day is approximately equivalent to achieving 30 minutes of physical activity per day. Typical Americans take 3,000-5,000 steps a day, but increasing your daily steps can help you burn calories, lose weight, increase muscle, lower stress levels, increase energy, and lower disease risk. The WellWalk Program will guide you and support you in walking for better health.

### **Who can do WellWalk?**

Walking for exercise is appropriate for most people! It requires very little equipment and can be done almost anywhere. Using a personal pedometer to count your individual steps will help you set appropriate goals whether you are a beginner or advanced walker.

### **It's Easy!**

All you need is this website and your pedometer to get started. This site will help you:

- Set reasonable and achievable goals
- Find ways to be more active
- Motivate you to take more daily steps
- Track your progress

### **Instructions for WellWalk:**

1. Go to [www.tpabenefits.com](http://www.tpabenefits.com)
2. If you are a registered member, enter your Login ID and Password, if not select "New Member Registration!"
3. If you are registering for the first time, follow the steps necessary to create your username and password and then log into the web portal with your username and password
4. Click the "My Wellness" tab