

# HealthyGuidance<sup>®</sup> Health Coaching



**ChallengeME**  
MaineDOT Healthy Workforce

As a DOT employee, you have access to the Living Resources Program and their telephonic HealthyGuidance<sup>®</sup> health coaching!

The HealthyGuidance<sup>®</sup> Health Coaching program gives you the opportunity to gain support and motivation while working with a Certified Health Coach through telephone or video sessions. Your personal Coach will assist you in defining realistic goals, forming a plan of action, and identifying strategies to help you overcome your barriers to success.

These services are **confidential** and available to **you and all of your household members at no-cost.**

**There are 21 coaching program topics including:**

Back Care, Increasing Exercise, Motivation, Nutrition, Resiliency, Sleep, Weight Management, Tobacco Cessation, and more!

For more detailed information on each coaching program topic, [click here](#).

Your Living Resources Program offers someone to talk to and resources to consult whenever (24/7) and wherever you need them.

#### **Contact Information**

Call 1-844-207-LINK (5465)  
TDD 1-800-697-0353 (Telecommunication Device for the Deaf)  
[GuidanceResources.com](http://GuidanceResources.com)  
(Web ID: LivingME)

Scan this QR code to access this document in an online format.



If there are additional health and wellness resources that you would like to see, your Health and Wellness Navigation Team can create customized resources just for you!

#### **Connect with us!**

Health and Wellness Navigation Team  
207-620-9209

[WellnessNavigator@mcdph.org](mailto:WellnessNavigator@mcdph.org)

Janice Arsenault  
207-624-3069

[Janice.Arsenault@maine.gov](mailto:Janice.Arsenault@maine.gov)

