



**OFFICE OF THE COUNTY EXECUTIVE  
ALL-EMPLOYEES-MEMORANDUM**

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**DATE: JANUARY 22, 2021**

**EMHP MEMBERS**

**Enroll in the Well-being Coach and automatically enter  
into a raffle for a chance to win an Apple Watch**

**Well-being Coach can help you reach your health goals.**

Staying healthy can be challenging — especially when you have a busy schedule, limited resources, or an ongoing health concern. When you use the Well-being Coach, Empire's new digital coaching app, you start a journey of setting goals, breaking old habits, trying new challenges, and changing how you feel. Well-being Coach is here to support you and your health goals at **no extra cost**.

**Need some extra motivation?** Enroll in Well-being Coach before **March 15, 2021** and you will be automatically entered in a raffle for a chance to win an Apple Watch. The raffle drawing will be on March 22, 2021.

Well-being Coach can help you make positive, lasting changes with 24/7 support through your smartphone or Apple Watch. The app learns about your habits and lifestyle to give you customized, step-by-step guidance you can act on — whether you want to quit using tobacco, lose weight, or achieve other wellness goals.

**Well-being Coach helps keep you on track with:**

- One-on-one text coaching, day or night.
- Feedback on food choices, general nutrition, and meal planning.
- Support for quitting tobacco before, during, and after your actual quit date.
- Activity tracking and recommendations.
- Help for other well-being issues, like mindfulness and sleep.

**Start today! Download the Sydney Health app from the App Store® or Google Play™.**

Then, tap the Sydney icon in the lower right-hand corner and enter "Well-being Coach".

Scan the QR code to the right with your phone to access the coaching app immediately.



If you need assistance with the Sydney app call the Empire Help Desk at 1-866-755-2680, they are available 8:00 am – 8:00 pm EST Monday to Friday.

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**LISA BLACK  
CHIEF DEPUTY COUNTY EXECUTIVE**