



OFFICE OF THE COUNTY EXECUTIVE
ALL-EMPLOYEES MEMORANDUM

DATE: OCTOBER 29, 2020

EMPLOYEE MEDICAL HEALTH PLAN OF SUFFOLK COUNTY (EMHP)

Well-being Coach (Effective 9-1-2020)

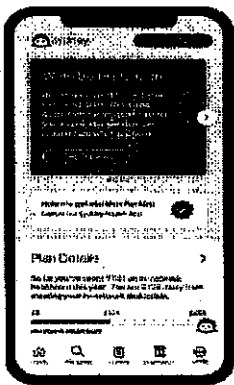
As part of our continuing effort to provide our members with important updates regarding the Employee Medical Health Plan of Suffolk County (EMHP), the Labor/Management Committee, which oversees the EMHP, would like to provide you with important information regarding the access to a new healthy lifestyle program offered by EMHP called *Well-being Coach*.

A personal Well-being Coach can help you make positive, lasting changes. Built on innovative technology, this app-based digital health coach delivers an engaging and supportive experience based on your particular health goals. Accessible through your smartphone or Apple Watch, 24 hours/7 days a week, your digital coach learns over time 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, reduce stress or achieve other wellness goals**.


With Well-being Coach, you have real-time access to:

- Unlimited one-on-one text coaching, day or night.
- Feedback on food choices, general nutrition, and meal planning.
- Support for quitting tobacco use before, during and after your actual quit date.
- Activity and Sleep tracking and recommendations for how to set and meet goals.
- Strategies for overcoming obstacles, and learning how to take steps towards achieving a healthy lifestyle.

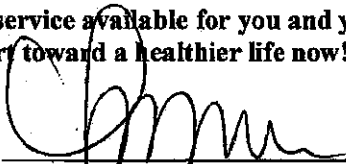
Your health journey is yours to explore and **Well-being Coach** is here to encourage and inspire you wherever you are along your path toward wellness.



Beginning the program today is as easy as 1, 2, 3...

1. Download the **Sydney Health** app onto your smartphone from the App Store® or Google Play™. Once registered, launch Sydney.
2. Simply click "Get Started" on the daily digest card that promotes Well-being Coach **OR** Click the Sydney chat icon  in the lower right, and type "Well-being Coach".
3. Follow the prompts to the Well-being Coach Program page and download the **Lark** app (at no cost to you). The "**Lark**" app is the application/technology that coaches and guides members to meet their weight loss and smoking cessation goals. From there, your digital coach will automatically begin a welcome conversation to get you started. If you have any problems with the Lark app, please contact 1-866-755-2680 for technical support.

The Well-being Coach is a free service available for you and your eligible dependents.
This is an easy way to start toward a healthier life now!



LISA BLACK
CHIEF DEPUTY COUNTY EXECUTIVE

DISTRIBUTION: ONE COPY PER EMPLOYEE/RETIREE

A digital coach for your health

Well-being Coach can help you reach your health goals

Live a healthier life with motivation from your personal coach!

Empire is excited to introduce Well-being Coach, a digital coaching app that brings you closer to your health goals at no extra cost.

Well-being Coach can help you make positive, lasting changes by connecting you to a digital health coach, 24/7, through your smartphone or Apple Watch. The program 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.

With Well-being Coach, you can access real-time:

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

Your health journey is yours to explore. Well-being Coach is here to encourage and inspire you wherever you are along your path.

Begin the program today by downloading the Sydney Health app from the App Store® or Google Play™.

Go to My Health Dashboard and select Well-being Coach under Programs. Follow the prompts to download the Lark app.*



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*Well-being Coach is powered by Lark. Lark is a digital coaching app accessible through Sydney Health. Sydney and Sydney Health are service marks of CareMarket, Inc. ©2020.

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