

KESSLER'S STORY

Kessler, a business analyst working for a multinational financial services leader, uses our Dedicated Well-Being Services to build sustainable healthy habits. Here's his story.



Kessler wanted to learn healthy eating habits and varied exercise routines. After hearing his coworkers rave about the WebMD Health Coaching program, he signed up. He met with his dedicated Well-Being Program Coordinator, Eric, who worked with him to create a long-term strategy to achieve his well-being goals.

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Working with Eric has been one of the best decisions I've made for my health.

Eight months later, Kessler is proud of his results:

- Making smarter food choices
- Keeping to a consistent exercise routine
- Learning strategies to make time for exercise every day
- Seeing overall physical health improvements
- Feeling more empowered to live a healthier life

Since well-being is an ongoing journey, Kessler continues to chat with his Well-Being Program Coordinator every couple of weeks to help him stay accountable and motivated.

“What I like about Eric's coaching is we're not constantly overhauling the whole thing every other week. Rather, he takes **a long-term approach by finding out your main goals, then gradually getting you to a point where you're maintaining a beneficial routine.** Sure, we tweak it every once in a while, that's just a part of growth, but consistency is key.”

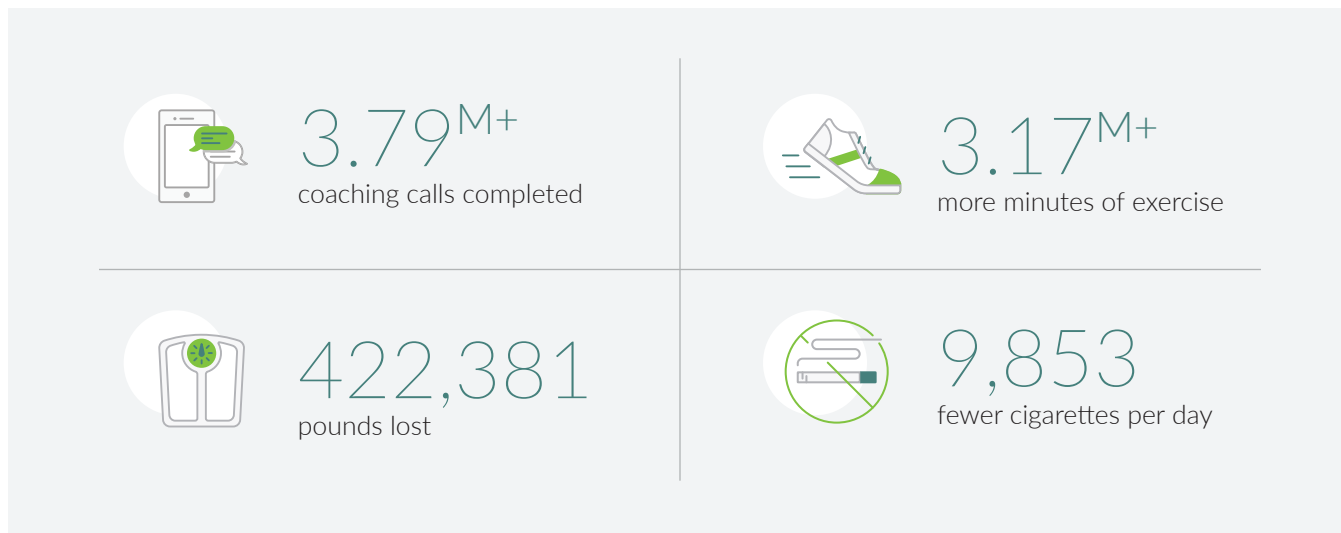
His biggest takeaway? He's proud that his employer cares about his well-being.

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This is more than just 'Health Coaching.' This is an organization making good on a promise to support and take care of their employees.

Kessler isn't the only one who appreciates his employer's commitment to his well-being. Organizations that use our Dedicated Well-Being Services as part of their program strategy see higher engagement, retention rates and

ROI. And, since Health Coaching provides that one-on-one interaction to spark motivation and develop long-term healthy habits, populations benefit from incredible outcomes.



The only thing you have to lose is unhealthy habits. Even if you're already in pretty good shape, having a second pair of eyes on your routine or diet can help you make improvements you didn't even know you could make.

-Kessler, WebMD Dedicated Well-Being Services Participant



To make the most of your well-being program, go to webmdhealthservices.com.