

SKIDMORE

Onsite Nurse Wellness Coaching for Skidmore Employees

A little help goes a long way.

WPV Nurse Coaches will be on campus twice per month beginning in Fall 2022.

Make your 20-minute appointment today at <https://testclientscheduling.as.me/skidmorecoaching>

You may also leave a confidential voice message for the WPV Nurse Coach at 585-405-4018 if you cannot access the link above.

WHAT IS NURSE WELLNESS COACHING?

Your WPV Nurse Wellness Coach can help you:

- ▶ Better understand and reduce your health risks.
- ▶ Improve management of chronic conditions.
- ▶ Take steps to improve your mental health and stress levels.
- ▶ Get answers to general health questions, review lab work.
- ▶ Set goals to be your healthy best!

Nurse Coaching is completely confidential and offered as an employee benefit at no cost. Your personal information will not be shared with your employer.



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