Naturopathic Services
Healing expert advice

Looking to boost your overall health and wellness?
Frustrated with failed attempts to become “healthier”?
Concerned about the toll your diet and lifestyle are taking on your body?

In today’s hectic world, it’s easy to overlook the effects that lifestyle choices are having on your wellness. You may be aware that you could be living better; you just don’t have the knowledge or time to create and follow a new lifestyle plan that would help you make better choices. Fortunately, your Employee and Family Assistance Program (EFAP) can support you on the road to health and wellness.

What’s the connection to Naturopathic Services?
Our Naturopathic Service provides a natural and holistic approach to the maintenance of good health where the individual is seen as a whole person (physical, mental & emotional aspects) and where symptoms of disease are seen as warning signs of the improper functioning of body and lifestyle habits. Our professionals will provide you with information about naturopathic medicine and how it works; the program will teach you practical lifestyle practices that you can use every day.

How can the service help?
You’ll receive customized health and wellness information and materials on choices related to physiology, diet, lifestyle, and mental/emotional well-being, including illness prevention strategies.

Naturopathic Doctors provide assistance on a wide range of topics and can help you explore what naturopathic medicine can do for you.

We can help you:
• Address sleep difficulties
• Take steps to age well
• Stay healthy and prevent illness
• Improve digestion
• Boost energy levels
• Recognize mind-body connections

Get on the path to better health by calling your EFAP:
1 800 268-5211  TTY Service: 1 800 363-3872
Or, for online information and resources, log on to www.workhealthlife.com

Confidential Naturopathic Services are available to you and your family members as part of your EFAP. There is no cost to use the service.