

Let us help

Naturopathic Services

Get healing, expert advice from naturopathic doctors.

Naturopathic Services through your Employee and Family Assistance Program (EFAP) provide a natural and holistic approach to the maintenance of good health. Our professionals examine all aspects of an individual's health (physical, mental and emotional), and can teach you about naturopathic medicine and how it works. Through consultation, you will learn how small changes in your health and lifestyle can have a positive impact.

Practical advice you can use

You'll receive customized health and wellness information and materials on:

- Physiology
- Diet
- Lifestyle
- Mental and emotional well-being
- Illness prevention strategies

Naturopathic doctors provide assistance on a wide range of topics and can help you explore how naturopathic medicine can help with:

- Sleep difficulties
- Aging
- Preventing illness



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Let us help

- Managing stress
- Work-life balance
- Making good food choices
- Improving digestion
- Building your immune system
- Boosting energy levels
- Midlife health changes
- Recognizing mind-body connections
- Understanding how the workplace affects your health
- Living well as a shift worker
- Jet lag

Naturopathic Services are provided through telephonic consultations with our professionals. Your initial session offers an assessment and education component and can include goal definition and action planning. Follow-up sessions ensure you are on track to achieving your goals.



Connect with us for confidential support or to learn more

Get on the path to better health today with help from your EFAP.

For immediate assistance, contact us at **1.844.880.9142** or visit workhealthlife.com.



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