

Balance.

Revitalize Your Health



STRENGTHEN THE FOUNDATION OF YOUR HEALTH

BALANCE is a LIVESMART campaign designed to support ONI affiliate employees and family members looking to optimize their health now and in the future. Provided at no charge, this campaign focuses on women's health and hormone balance. Through this campaign, you will connect with a LIVESMART Health Coach who will guide you through lifestyle changes to promote stability and longevity on your wellness journey.

Program Features

- **Hormone Health:** Learn how hormones play a critical role in your health and how to keep them in a healthy balance.
- **Health At Any Age:** Receive personalized guidance on normal age-related changes and maintaining your health as you grow older.
- **Lifestyle Change Strategies:** Get practical tips on simple habits to put into practice that will help you achieve your health goals.

1

ENROLL

Sign up for this campaign with a LIVESMART Health Coach or online. Group sessions are offered when available.

2

ENGAGE

Receive educational materials and personalized lifestyle recommendations during 4-6 sessions with a health coach.

3

EXPERIENCE

Feel empowered to take charge of your health by implementing healthy changes that will support balance and vitality.