

# Cascade Personal Wellness

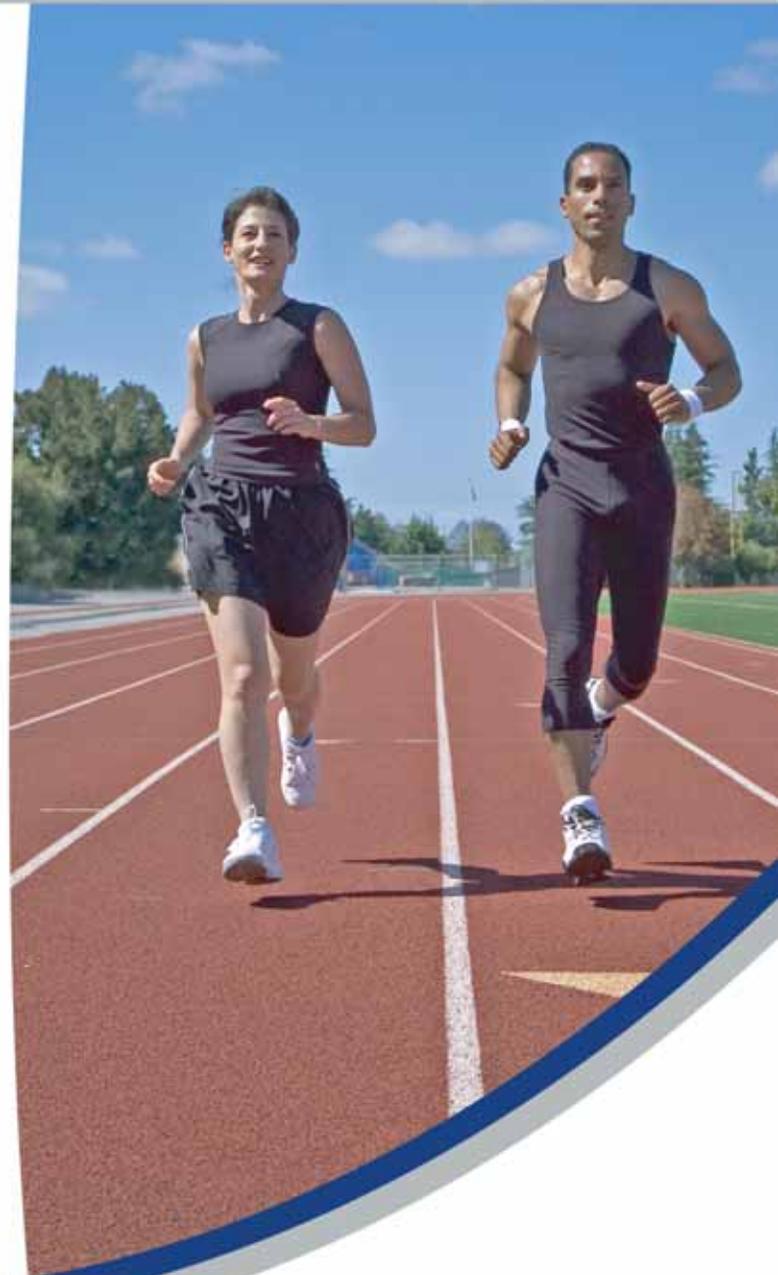
Cascade Centers, in partnership with WellCall, provides personalized health education coaching on a wide range of preventive health topics. Our coaches will provide assistance with the following:

- Weight Management
- Smoking Cessation
- Fitness and Exercise
- Pre and Postnatal Care
- Complementary Care
- Health Self-Management

*Cascade Personal Wellness coaching services are totally voluntary and free of charge to you.*

Easy access to a healthy lifestyle through:

- Unlimited Personalized Coaching
- Action Plan Development
- Educational Materials
- Health Risk Assessments
- Members Only WellCall Online:  
Comprehensive health and wellness services are available online at [www.wellcall.com](http://www.wellcall.com). To get your members-only password, call Cascade at (800) 433-2320.



## Three Easy Ways to Connect with Health Coaches:

1. Call us toll-free at (800) 433-2320
2. Email us at [counsel@wellcall.com](mailto:counsel@wellcall.com)
3. Visit us at [www.wellcall.com](http://www.wellcall.com) to chat online

Please note: All conversations with Health Coaches are confidential, but you will be asked to identify yourself and your employer. Coaches are available Monday to Friday 8:00 a.m. - 5:00 p.m. PST. If you call during off hours, leave a message and your call will be returned as soon as possible.

