



Program Overview



Vitality is our interactive, personalized online wellbeing program, designed to inspire, educate and assist you in making healthy choices and adopting healthy behavior.



Guidance Resources Personal Health Coaching connects you with an educated and certified health professional that can help you achieve your personal health goals. Whether you want to improve your nutrition, exercise more, or lose that last 5 pounds, Guidance Resources coaches will personalize a plan and help you reach your goal.



Right Weigh is a unique, 12-week program for associates with a BMI of 27 or higher. Right Weigh will guide you to a healthier lifestyle and help reshape the way you Think, Eat, and Move.



Quit For Life® Program

The Optum Quit for Life Program can help you develop a personal quitting plan to stop smoking at your own pace and remain tobacco-free. A user-friendly workbook and over-the-counter nicotine replacement therapy products (patches or gum) are offered for FREE.



Provided by ComPsych, Guidance Resources features licensed professionals to provide FREE confidential counseling, legal and financial services. In addition, the program includes access to comprehensive online resources to assist you with many different concerns that can impact wellbeing.



Barry-Wehmiller's 401(k) Retirement Savings Plan, administered by Transamerica Retirement Solutions, will help you successfully prepare for retirement. The 401(k) offers a wide variety of investment options and an optional self-directed brokerage account that allows even more hands-on account management.