

# Wellness Appointments

Are you looking to make some healthy lifestyle changes, or need help reaching your well-being goals?

Schedule a one-on-one appointment over the phone with our Well-Being Coordinator, Delia.

Below are some of the many resources available:

- Nutrition\*
- Stress Management
- Physical Activity
- Chronic Condition Management\*
- Health Coaching\*
- Discount Programs
- Parenting & Maternity Support
- Tobacco Cessation\*

Appointments are CONFIDENTIAL, require NO PAPERWORK, and are NO COST to you. This is the perfect opportunity if you are looking to make some healthy lifestyle changes or need assistance with a challenge you may be facing!

Book your appointment here: <https://zoviowellness.10to8.com>

+Resources are available to Zovio & Ashford employees.

\*Resources marked with an asterisk are only offered to employees with Cigna medical benefits.