

Empowerment3 Connected Wellness

Empowering Individuals to Showcase Abilities & Improve Health

Empowerment3's virtual health coaching and care coordination platform support individuals with disabilities and caregivers to take control of their own physical and emotional health.

Click [here](#) to see a video example of the platform.

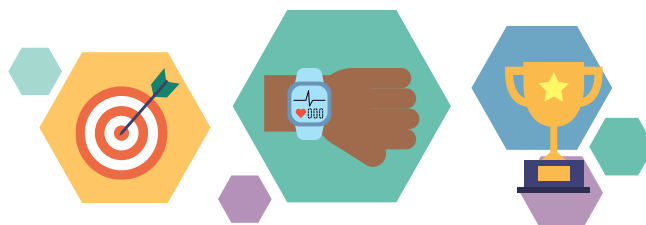
Join our Connected Wellness Program!

- ★ **Game changing** – previous Connected Wellness users saw 55% reduction in depression and lowered HbA1c by 0.86%. Let's see how it will impact your health!
- ★ **Personalized** – Each user completes an assessment & meets with a health coach to customize program features.
- ★ **100% virtual** – Meet with your coach, utilize the health library & participate in wellness classes from home.



The program includes:

- ✓ A personal health coach to support your achievement of health and wellness goals for six (6) months
- ✓ An online platform/app to track your health goals, such as exercise, eating well, and managing stress
- ✓ Online exercise and mindfulness sessions
- ✓ Credible information on topics like high blood pressure, nutrition, diabetes, stress, and more
- ✓ Tools to set goals and journal on your progress
- ✓ Opportunity to take part in challenges and win prizes!



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What are the next steps?



Click this [link](#) to indicate your interest.

If you are using a smartphone, you can scan this QR code to sign up: You will receive an invitation email from us once you are approved.



Set up your account and profile.

Enter your basic information and complete your onboarding questionnaires. This information will help us set up your program and will help your health coach best support you. Personal information remains confidential.



Download the NexJ Health Coach app.

Use the platform by browser or through our app. We recommend downloading the app for easy access to message your health coach. Search for "NexJ Health Coach" in the app store.



Connect with your health coach.

Your health coach will send you a welcome message to get started. Your coach is a regulated healthcare provider and will work with you 1:1 to answer your questions and support you.



Begin working towards your health goals.

Check out the goal setting workbook and speak with your health coach to set a goal and determine the best strategy to get there. Set up relevant trackers to monitor your progress.

What opportunities are available to me?

A limited number of subscriptions are available for FREE.

Organizations supporting individuals with disabilities and caregivers will be given a specified number of subscriptions to offer to your clients for FREE.

Additional subscriptions are available, at cost, to any individual with disabilities, caregiver, or community member with unmet physical and emotional health needs.

Questions? Email us at empowerment3@jmu.edu