



## A Free Program for CAU employees with Innovative Workplace Wellness

Everyone can use a little help and encouragement from time to time. Your journey towards living a healthier life isn't one you need to take alone. You have unlimited support from the Health and Wellness Coaching team at Innovative. Our highly trained personal health and wellness coaches have an extensive background in a variety of specialties and are here to support you. You have access to voluntary one-on-one coaching for health-related concerns such as:

- Nutrition
- Exercise and Fitness
- Weight Management
- Stress Management
- Smoking Cessation
- Chronic Condition Management  
(support for conditions such as asthma, diabetes, hypertension, COPD and more)



### Meet Innovative Workplace Wellness Nurse Advocate

Erica Polaneczky, MSN, APRN, ANP-C is a certified Nurse Practitioner who can work with you one-on-one and confidentially help you manage chronic health conditions like diabetes, high blood pressure, and more. She can help you gain the skills and confidence needed to become an active partner in your own care. Erica is available to assist you in understanding your treatment plans, providing you with questions for your doctor, and helping you set practical goals for improving your health.

### Meet Innovative Workplace Wellness Coach

Samantha is a Wellness Coach who specializes in weight management and lifestyle coaching. Employees who are looking to make lifestyle changes in the areas of nutrition, exercise, stress, or even tobacco cessation can work one-on-one and confidentially with Samantha. She believes in a holistic and personalized approach and can help you recognize barriers to change, create realistic action steps, and help you choose goals for improving your health.



**Reach out today!**  
**888-427-7383 or [wellness@ibpllc.com](mailto:wellness@ibpllc.com)**  
**Innovative Workplace Wellness**