Live Whole Health.
va.gov/wholehealth

restore RESILIENCE
powered by ZILLION

VA and RestoreResilience collaborate to bring you a new wellbeing program

> YOU — 2 minutes ago
> After starting my new work schedule, I've been struggling with my sleep. Do you have advice for healthier sleep habits?
>
> Coach Stacy — a few seconds ago
> I have a sleep lesson I think you'd find very helpful. I will place it next in your schedule. Let me know what you think of it.

Your whole health should be a priority.

Learn to develop healthy habits, manage stress, cultivate positivity, and reach your goals.
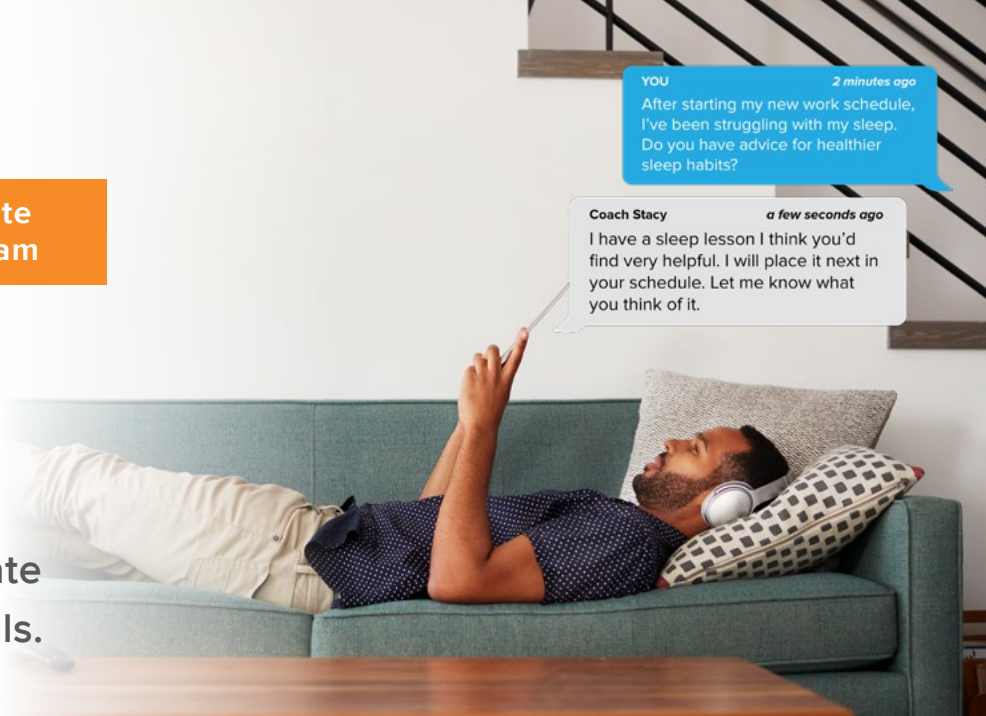
WELLNESS AT YOUR FINGERTIPS, DESIGNED WITH YOU IN MIND

What is RestoreResilience?

Life brings its ups and downs, and it can be overwhelming to try to manage on your own. RestoreResilience is designed to give you the help you need–when you want it–to further your own mental, emotional, and physical health journey. RestoreResilience is a personalized program with live coaches for anyone wanting to overcome challenges affecting their lives. The program is delivered on an easy-to-use app that can be accessed anywhere and at anytime. It focuses on stress and anxiety, with additional content in the areas of sleep, nutrition,

and exercise for a whole health approach. **In just a few minutes per day**, you learn how to curate positivity, remain present in your life, manage emotional or mindless eating, and so much more through daily lessons and tasks.

In addition, you are paired with a live health coach whom you can schedule 1:1 calls or text sessions at the frequency you need. Access weekly community discussions and our RestoreTV sessions that focus on finding positivity to encourage a healthy mindset!

How the program works:

Expert Coaching: a live coach is as involved based on your preference – they support your individual needs through texting and calls
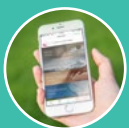
Mobile App: easy and simple to use for support anytime, anywhere. Access resources, lessons, activities and tracking.

Connect Your Devices: sync your own device to the app to track key activities like sleep and exercise.

Community Support: accountability through group coaching sessions and social forums - all while anonymous. You're never alone on your journey.

Relevant Lessons: videos, webinars, and articles focus on stress and sleep with extra support in nutrition and exercise–helping you where you need it most.

Join for FREE today!
restoreresilience.com/va

—— Use group ID "employeewholehealth" during enrollment ——