



Get **onboard** with
less stress.

Does commuting or
sitting in stop-and-go
traffic stress you out?

To help make your drive a little
less hectic, try some of these ideas.

- **Carpool or use
public transportation.**
- **Mix it up and take a different
route to and from work.**
- **Learn something new, listen
listen to a book on CD or
learn a foreign language.**

Want more tips on managing stress?
Onlife Health can help you. Our Health
Coaches are trained professionals who
are here to assist you with your health goals.

This is a **free benefit** from your
employer that could change your life.

Call 866-292-7302 or log on to www.OnlifeHealth.com

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