

Taking care of yourself is a necessity, not a luxury!



# IOME

*guilt free self care*

## Lifestyle Education Benefit

IOME offers guilt free self care directly to you, the employee!\* From one on one coaching to discounted massages, we cover it all. Feel the benefit consistent self care will have in your life.

Your hard work deserves GUILT FREE SELF CARE!

\*Eligible for \$500 Lifestyle Education Reimbursement upon 75% of completion for Larimer County Health Plan Members. Please visit <https://www.larimer.org/hr/benefits/medical-insurance/lifestyle-education-benefit> for more information regarding the reimbursement process .

**“You deserve the best because your family deserves the best of you.”**

<b>Discounted Self Care Services</b>		
<b>Individualized Goals</b>		
<b>Weekly Check In</b>		
<b>Monthly Accountability Session</b>		
<b>Event Invitation</b>		
<b>\$85 / Month</b>	or	<b>\$459 / 6 Months</b>

**IOME Members** receive an initial consultation with your assigned Trained Supporter to identify individualized goals based on your story. Each month, you will receive one on one accountability sessions to review and encourage goal accomplishment. In addition, monthly events are available. Allowing you to connect,

learn more about local resources, and be educated on improving overall self care. Members also receive discounted products and services! Giving you access to bettering your **Mind, Body, and Soul** (massages, therapy, gym memberships and more!).



*“You can’t pour from an empty cup.”*

**Becky Lauridsen, LPC**

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[www.iowemenow.com](http://www.iowemenow.com)