



Meet Barbara

How NeverStop helped Barbara stay true to her Health and Wellness Goals



Barbara is a 71-year-old retired schoolteacher who's very active in her community. As part of her retirement plan, she decided to purchase a long-term care product that included the NeverStop Wellness Rewards Program. In one innovative plan, Barbara could meet her retirement income goals, get help with future long-term care expenses and have access to a Wellness Coach to keep her active and independent.

Barbara and her NeverStop Coach worked together to develop a plan to help ensure her future health and wellness

With the help of her Wellness Coach, Susan, Barbara identified three healthy actions important to her. They included,

- o Physical health
- o Emotional support (as a caregiver for her mother); and
- o Proper nutrition

Barbara has never wavered in her commitment

- Susan was pleased to help Barbara reach her Emotional Support goal by identifying local caregiver resources, giving Barbara more time to help her community, which also benefits her emotional health.
- Barbara visits the local YMCA pool weekly to participate in their water aerobics classes to satisfy her Physical Health goal.
- She's getting the proper nutrition she knew she needed by joining a local Weight Watchers chapter.

Barbara and Susan have made a great team working together as Barbara's situation has changed over the last several months. That's another benefit of the NeverStop program that Barbara really appreciates - recognition that her needs aren't static and there's help available when needed.