



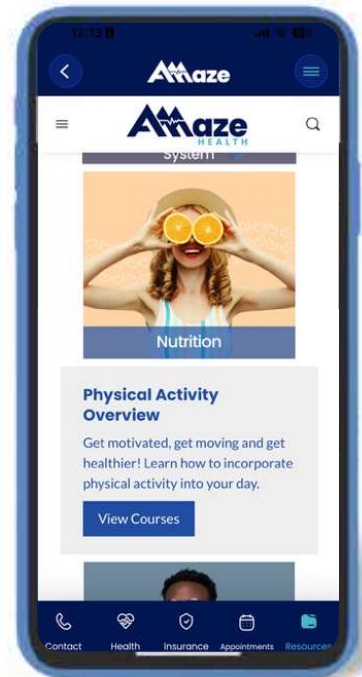
# HUMAN RESOURCES

## Amaze Health Courses: Learn, Move, and Support Your Heart Health

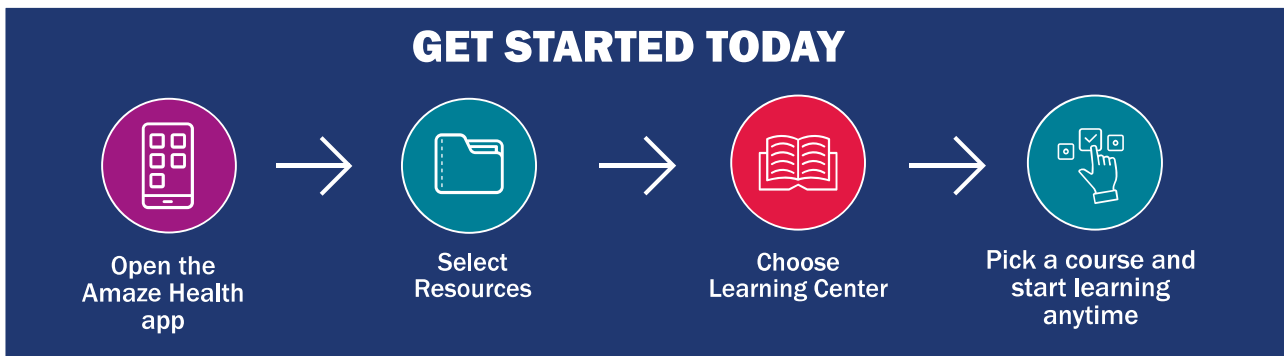
Amaze Health offer easy-to-access courses designed to help you stay active, reduce daily strain, and support long-term heart health. Learn practical ways to move more and build healthier habits – at your own pace.

### Available Courses Include:

- Cardiovascular Health: What You Need to Know
- Physical Activity Overview
- Introduction to Cardio
- Introduction to Strength Training
- Leg and Bodyweight Exercises
- Movements to Relieve Desk-Related Strain



Whether you work at a desk or want to improve your daily movement, these courses provide practical guidance you can use right away.



Amaze Health is a virtual-only service and doesn't cover in-person care like labs, imaging, procedures, or surgeries. You'll need separate coverage for emergencies, hospital visits, and prescriptions

**AmazeHealth.com**  
**(720) 577-5251**

Provided as part of your Gates benefits package.