



## Better habits start here. No gym required.

If you're looking to eat better, get fit or reduce stress, find personal support and motivation with a wellness coach. We can help you create healthier meals, find an exercise plan that fits your schedule, kick cravings and more.

### Get started in a Wellness Coaching program that fits you:



Move

Get active with or without a gym membership. Our Exercise program is here to help you get moving toward a healthier you.



Lose

Ready to start losing some of those extra pounds? The Weight Management program is here to help, every step of the way.



Breathe

Quitting tobacco is hard —don't go it alone. Enroll in the Tobacco Cessation program to start on your journey to being tobacco free.



Relax

Stress can really weigh you down. Learn skills to manage it with the Stress Management program.



Eat

Make positive changes in your eating habits to look and feel better, with the Nutrition program.



Manage

Learn how to live healthier with our Diabetes Lifestyle and Heart Health programs.

**Call to enroll today! 1-866-787-6864**

Wellness Coaches are available: 7 a.m. – 10 p.m., Monday – Thursday; 7 a.m. – 7 p.m., Friday; 8 a.m. – 4:30 p.m., Saturday, Central time.



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this program is for informational purposes only and provided as part of your health plan. The health and wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

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