

# Better health starts here.

Wellness Coaching offers online coaching options.



Getting healthier doesn't have to be hard. Wellness Coaching gives you easy online access to tools, support and guidance to help you reach your health goals. It's all about getting and staying healthy **your way**.

## Choose the goals you want to focus on.

- Eating better
- Getting more active
- Reducing stress
- And more

## Choose the ways you'll connect.



### Personal Coaching

Work with your coach over the phone to create your personal plan — and get support along the way.



### Online Coaching

Access online courses, guided discussions — even a Wellness Coach via live chat or secure messaging.

## Get started today.

[myuhc.wellnesscoachingnow.com](https://myuhc.wellnesscoachingnow.com)

1-866-787-6864, TTY 711

**At no additional cost to you as part of your benefits.**

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** 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 the program is for informational purposes only and provided as part of your health plan. Consult with your health care provider prior to beginning an exercise program or making changes to your lifestyle or health care routine. The 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. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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