

# PROGRAMS FOR YOUR HEALTH



## Your Health. Your Benefits.

Everyone has different needs when it comes to feeling their best. Sometimes a little encouragement, understanding and support is all you need to improve the way you feel. Whether you're actively trying to improve your wellbeing, or you're just thinking about it, you and your family have access to unlimited, confidential Health Coaching sessions to help you reach your goals.

## What is my Health Coaching benefit?

- Unlimited Health Coaching sessions are available to you and your covered family members at no cost.
- Work with your own Health Coach to make a personalized plan to help you achieve success.
- Explore new ways of incorporating lifestyle changes that will help you maintain your goals for a lifetime such as:
  - I want to lose weight and keep it off
  - I want to quit using tobacco for good
  - I want to reduce stress in all areas of my life
  - I want to feel more physically fit
  - I want more control over my chronic condition (diabetes, high blood pressure, high cholesterol or asthma just to name a few)
- I'm not ready to change, but talking to someone may help motivate me

## How does Health Coaching work?

- Talk with your Health Coach over the phone at times convenient to you.
- Appointments can be up to one hour, depending on your needs.
- Coaches are available M-Th 8am-10pm and Friday, 8am- 6pm (EST).

## Additional Health Programs

- Case management - support when you need it.
- Personalized preventive health report.

we are here for you



## How do I get more information about talking with a Health Coach?

Call 1-866-234-4635 to speak to a Health Coach about enrolling in the program.  
Or, enroll online at: <http://enroll.trestletree.com>