

WHAT'S YOUR WHY?

We all have reasons to make a healthy change. Get started with a **Wellness Coach** today.



Motivated or not, we all have that one thing that may be holding us back from being the best we can be. Now is the time to start making a positive change in your life. There is a wellness program for everyone — and a coach who is ready to start working with you today.

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! 1-800-478-1057

For more information, visit us at uhccoaching.com/wellness



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. 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.

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