

# MEET YOUR HEALTH AND WELLNESS GOALS

It's important to make your health and wellness a priority so you can feel your best every day. Our certified Wellness Coaches, including registered nurses, dietitians, and exercise physiologists, are here to help you set and meet your personal goals with one-on-one support.



## BUILD HEALTHIER HABITS

Together with your Wellness Coach, you'll build strategies to help you tackle both short- and long-term health priorities.



MANAGE STRESS



EAT HEALTHIER



QUIT SMOKING



BE MORE ACTIVE



MANAGE YOUR WEIGHT

## CREATE A PERSONALIZED PLAN

With your Wellness Coach, you'll discover your health needs and personal motivations so you can create a plan and stay on track.



Understand your health risks



Learn to overcome obstacles



Make improvements with a lasting impact

To get started, call **1-800-392-0098** and select **option 1**, Monday through Thursday, 8:00 a.m. to 8:00 p.m. and Friday 8:00 a.m. to 4:30 p.m. ET.



## GET SUPPORT THAT WORKS FOR YOU

Your Wellness Coach will schedule calls when they're convenient for you. You can expect to work with your coach for about three months — and we're always here to continue supporting your health and wellness goals.

### Start Your Wellness Journey Today

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MASSACHUSETTS

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).