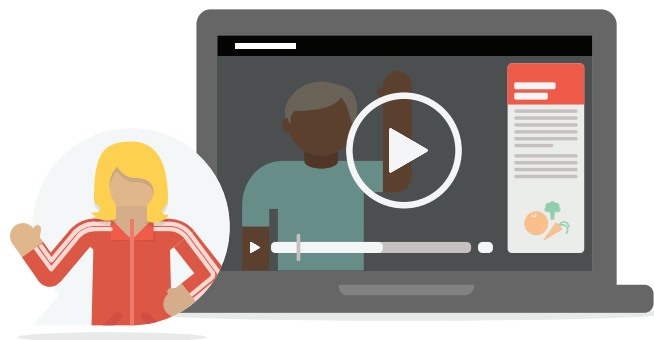


Get Healthy Your Way

Wellness Coaching with personalized support.



With Wellness Coaching, you have access to expert coaches and digital tools to help you reach your health goals. It's all about getting and staying healthy — your way — anytime. Plus, it's all included in your benefits, so there's no additional cost.

Check out the programs available to you:



Happiness

Uncover what happiness means.



Quit Tobacco

Begin the transformation to a healthier, tobacco-free lifestyle.



Diabetes Lifestyle

Discover how a healthier lifestyle can help manage diabetes.



Sleep Well

Learn to get the rest you need — because good sleep is key to good health.



Stress Less

Get smart about your stress, so you can better understand and manage it.



Eat Smart

Master the art of making food choices that are good for you and taste good, too.



Healthy Heart

Create a heart-healthy lifestyle through diet, exercise, and small changes to your daily habits.



General Wellness

Explore a healthier life built around ways to stay active, manage stress, and more.



Meditation

Improve well-being with mindfulness meditation and exercises.



Family Wellness

Explore exercise, nutrition and more to help your family get healthier together.



Fit for Life

Move more to help you get fit. From cleaning the house to walking the dog — it all counts!



Weight and Wellness

Find out how weight and wellness go hand in hand, so you can feel and look your best.



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Learn tips and strategies to help you save more, build a budget and sharpen your money management skills.

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Connect with a coach 7 am to 10 pm Monday-Thursday, 7 am to 7 pm Friday, and 8 am to 4:30 pm Saturday, Central Time

