Build your own action plan for better health with the **Wellness Coaching Program.**
You Can Do This

Take advantage of the support your benefits plan offers at no extra cost.

Go for it. Make a change for better health.

The Wellness Coaching Program gives you the support you need to create your own action plan for better health. Whether you want to lose weight, quit smoking, start exercising or reduce stress, your personal wellness coach will help motivate you to set realistic goals and stay on track. Some of the many benefits include:

- Ongoing, one-to-one support from a knowledgeable coach
- A personalized, specific plan to help you get healthier
- Unlimited telephone access to your coach
- Coaching sessions built around your schedule
- Helpful tools and resources, such as a pedometer
- Motivation and inspiration to help keep you on track
- Insight to help you overcome any obstacles you’re facing
- No extra cost (the program is already part of your benefits)

96% of people who work with a Wellness Coach are successful in making healthy changes.*
Work one-to-one with your own coach.

Your wellness coach is already part of your benefits plan and comes at no additional cost to you. Along with ongoing support, your coach will provide insight to help you overcome obstacles and inspire you to keep going. Your personal health information is kept private in accordance with your plan’s privacy policy.

Take steps toward better health.
Step 1: Enroll in a program.

Call 1-877-731-8306 to enroll in the program. Remember, there is no extra cost — the service is part of your benefits. Wellness coaches come from a variety of professional backgrounds and average more than 10 years of experience.

- **Weight management:**
  Work with your coach to help manage your weight through proper nutrition, exercise and stress management.

- **Stress management:**
  Aim to reduce and manage your stress level by working with your coach to identify triggers and create a plan for help in overcoming them. Examples may include relaxation techniques and practicing effective time management.

- **Exercise:**
  You and your coach will create an exercise plan that fits your age, weight, lifestyle and schedule. You’ll work toward increasing your physical activity through cardio, strengthening exercises and stretching.

- **Heart health:**
  Learn how to lower your blood pressure, manage your cholesterol and improve your heart health through better nutrition and exercise, while also reducing stress.

- **Diabetes lifestyle:**
  Get the tools and support you need to help manage your diabetes through weight control, exercise, proper nutrition and stress management.

- **Nutrition:**
  Improve your nutritional habits by setting dietary goals to reduce unhealthy fats, sugars and sodium, increasing fruits and veggies, and limiting alcohol.

- **Tobacco cessation:**
  Get the tools and support you need to become tobacco-free. Your coach will help you set a quit date, help you identify triggers and ways to overcome them.

Follow us at @UHCWellness

*Based on actual program participant outcome results [Qtr 3, 2012].
Create your own personal health action plan.

Call the Wellness Coaching Program today:
1-877-731-8306
TTY: 711
www.uhccoaching.com/wellness/001135/

Step 2: Connect with your coach.

On your first call, you’ll build a personalized health action plan for making small changes that work for your lifestyle. The program is confidential according to the law and your health plan’s privacy policy.

Step 3: Make healthy changes.

As you pursue your wellness goals, you’ll have regular phone calls with your coach. Along the way, you will receive information and resources to help you become — and stay — healthier. Wellness coaches are available to fit your schedule:

Monday – Thursday, 7 a.m. – 10 p.m. (CST)
Friday, 7 a.m. – 7 p.m. (CST)
Saturday, 8 a.m. – 4:30 p.m. (CST)