



# You're like nobody else

Wellness Coaching has a range of programs that can help you get dialed in to your unique goals for living healthier. Whether it's sleeping and eating better, reducing stress or building exercise into your daily routine – you'll be guided through personalized 1-on-1 coach support and self-paced digital courses every step of the way.

## You're guided every step of the way

Wellness Coaching isn't a one-size-fits-all approach. We will meet you wherever you are in your health journey – all at zero cost out of your pocket.



### Choose your health goals

Sleep better. Eat smarter. Get fit.  
Manage stress. Or choose another goal.



### Connect 1-on-1 with a coach

Get personalized support from  
a coach via phone.



### Discover online programs

Access self-paced interactive and mobile-compatible courses led by experts.

## Build confidence and lasting habits

### Stay motivated

Many of us have tried to reach a health goal before. We're here to support you, at your own pace.

### Stay inspired

**Over 70%** of people who complete a Wellness Coaching program **continue working on wellness goals.**



**Get started now at  
[wellnesscoaching.fit](https://wellnesscoaching.fit)  
or scan the QR code.**

Call us at 800-478-1057, TTY 711

7 am – 10 pm CT Monday–Thursday

7 am – 7 pm CT Friday

8 am – 12 pm CT Saturday

Hours of operation subject to change.