

# This program helped me make healthy changes that last. I wish I'd tried it first.

## You may have tried other health programs and gotten nowhere. Or maybe you've never even thought about it.

Whatever your situation, Active Lifestyle Coaching can help you reach your health goals. And it's a lot easier than you'd think.

You'll have your own personal health coach who will work with you over the phone on what's important to you. Do you want to...

- Manage your weight?
- Be more active?
- Quit smoking?
- Eat healthier?
- Deal with stress?

Whatever habits you want to change, your health coach and your own personal health site—[MyActiveHealth.com/PEEHIP](http://MyActiveHealth.com/PEEHIP)—are there to help you succeed.

### Need health info on the go?

Use the MyActiveHealth<sup>SM</sup> mobile site.



## How does Lifestyle Coaching work?

Together, you and your coach will:

- Choose the habits you want to work on
- Break larger goals down into manageable steps
- Create a plan that works for you
- Celebrate your success!

## Jumpstart your success with online tools

Personal health coaching sessions are just one of the many resources at your disposal. You may also want to use our convenient online tools. Goal-setting and progress-tracking tools, healthy recipes, and much more are available 24/7 for you at [MyActiveHealth.com/PEEHIP](http://MyActiveHealth.com/PEEHIP).

Best of all, Active Lifestyle Coaching and all of our online resources are included with your medical plan at no additional cost. And, they're confidential.

To get started, call toll-free

**1-855-294-6580,**

Monday–Friday, 8:00am to 8:00pm, CT  
and Saturday, 8:00am to 1:00pm, CT.

ActiveHealth® may contact you as well.



Scan the QR code into your smartphone to get a healthy start.

