

Thank you for your interest  
in a healthier you!



**Healthier You is a year-long program for our members who are looking to lose weight, become more active, and reduce the risk of conditions such as diabetes and heart disease.**

There is no additional cost to participate in the Healthier You Program. It is included in the cost of your health plan.

#### Program participants work toward two main goals:

- Weight goal: Lose at least 5-7% of starting body weight
- Fitness and activity goal: Work up to adding 150 minutes of physical activity each week, such as walking. This is an average of 30 minutes, 5 days a week

#### Why these goals?

Research has shown that people who have risk factors for developing a condition such as diabetes or heart disease significantly reduce their risk by meeting these weight and activity goals.

#### Personalized health coaching and a curriculum to encourage your best health

The Healthier You program will provide you with personalized health coaching via phone and text. You'll receive education based on a proven-effective curriculum from the Centers for Disease Control (CDC), and materials from the American Heart Association (AHA).

#### What kind of health coaching should I expect?

To participate in Healthier You, please be prepared to speak with your Health Coach for about 30 minutes every other week for the first 6 months, and then monthly for the next 6 months. We are flexible with scheduling to help meet your needs.

All our Health Coaches are certified Lifestyle Coaches by the Associate of Diabetes Care and Education Specialists (ADCES) and are excited to work with you on a journey to better health!

#### Looking to stop using tobacco?

If you would like assistance with tobacco use, you'll speak with our team's Certified Tobacco Treatment Specialist.

#### Want to learn more?

Email us at [HealthandWellness@allwayshealth.org](mailto:HealthandWellness@allwayshealth.org) or contact Health Coach Lisa Perea by phone at **857-282-3149**.

#### Want to register or learn more?

Email us at [HealthandWellness@allwayshealth.org](mailto:HealthandWellness@allwayshealth.org) or contact Health Coach Lisa Perea by phone at **857-282-3149**.

Please provide your first and last name and the best way to reach you.