



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOUBLE YOUR CHANCES FOR SUCCESS

Personal Wellness Coaches

YMCA EMPLOYEE BENEFITS



**M**aking healthy lifestyle changes can feel more like a journey than a quick jaunt down the road. Fortunately, you don't have to venture out alone. An UnitedHealthcare Wellness Coach will be with you every step of the way. And studies show that a coach can double your chances of success.<sup>1</sup>

You will experience these benefits and more:

- Working one-to-one with your coach to personalize a plan specific to your needs.
- Periodic follow-up phone calls with your coach to monitor your progress
- Encouragement and support to help you reach your milestones
- Educational tools to help make everyday choices easier

Wellness Coaching is offered at no additional cost to you, as part of your benefit plan. Programs are available for:

- **Nutrition**
- **Heart health**
- **Exercise**
- **Weight loss**
- **Tobacco cessation**
- **Stress management**
- **Diabetes**

There are two ways to find your coach. One, you can simply call the toll-free number — **800-478-1057**. Or two, return an outreach phone call that you might have received.

All information shared with the coach will be kept confidential.

<sup>1</sup> Legal source: Rabijs, McAlister, et. al., Health Psychology, 2004, Vol. 23, No. 5: 539-541.

**YMCA EMPLOYEE BENEFITS**  
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