



CHANGE HABITS LIVE WELL

Personal Wellness Coaches

YMCA EMPLOYEE BENEFITS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Making 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.

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.

YMCA EMPLOYEE BENEFITS
101 N Wacker Drive
Chicago, IL 60606

Nonprofit
Organization
U.S. Postage
PAID
Chicago, IL
Permit No. 7150

For free health information 24/7, call NurseLine at 866-232-1514