



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL CHANGES BIG REWARDS

Personal Wellness Coaches

YMCA EMPLOYEE BENEFITS



At some point, we've all tried to quit smoking, lose weight, eat healthier or start an exercise program. We begin with the best of intentions, but barriers, such as lack of motivation and support, can sometimes make things rocky. Now, you have someone to turn to — a UnitedHealthcare Wellness Coach.

A Wellness Coach can:

- Work with you to develop personalized behavior strategies
- Provide tips and tools to help you reach your personal health goals
- Offer flexible, convenient programs including **tobacco cessation, weight management, stress management, exercise, nutrition, diabetes lifestyle and heart health**

It's all at no additional cost to you, as part of your benefit plan. Don't wait another minute to make healthy behavior changes. 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
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For free health information 24/7, call NurseLine at 866-232-1514