

GET RESULTS WITH YOUR OWN PERSONAL COACH*

Whether you want to fit into your favorite jeans, play with your kids without getting winded, or boost your confidence and get healthier—working with your own personal lifestyle coach can help make it happen!

Remember, no goal is too small or too big! If you've been thinking about making changes to look and feel better or if you've already started, our coaches will give you the tools, motivation, and support to reach your goals.

Here's how it works

When you complete your Personal Health Assessment (PHA), your results may show that you are at risk for diseases such as heart disease or diabetes. If you're ready to make a change, you will be offered a lifestyle coach and you'll get an invitation to participate in lifestyle coaching on your homepage. Click the invite to sign up online, or wait for an email or phone call from an Enrollment Specialist inviting you to join the program.

If you don't take your PHA, you can still enroll in lifestyle coaching online—just fill out the registration form on your homepage or call 866.201.7919.

With lifestyle coaching, you will have unlimited access by phone and secure email to a health coach for six month increments —**FREE**. Your lifestyle coach will tailor a program just for you! Plus, you'll have access to online resources and receive printed program materials to help you reach your goals. If you like the results, sign on for another six months to stay on a healthy track!

*Available to all fully insured Tufts Health Plan Members and self-insured members whose employer has opted in to the program.

YOUR OWN PERSONAL LIFESTYLE COACH CAN HELP YOU:

- ▶ Achieve and maintain a healthy weight
- ▶ Ease stress
- ▶ Eat healthier
- ▶ Be more active
- ▶ Quit tobacco

