

This program helped me make healthy changes that last.

I wish I'd tried it first.



You may have tried other health programs and gotten nowhere. Or maybe you've never even thought about it.

Whatever your situation, Healthy Lifestyle Coaching can help you reach your health goals. And it's a lot easier than you'd think.

You'll have your own personal health coach who will work with you over the phone on what's important to you. Do you want to...

- Quit smoking
- Eat more vegetables
- Cope with life stresses
- Train for a run or walk a mile
- Lose weight for a big event

Whatever habits you want to change, your health coach and your own personal health site—**MyActiveHealth.com/COVA**—are there to help you succeed.

How does Healthy Lifestyle Coaching work?

Together, you and your coach will:

- Choose the habits you want to work on
- Break larger goals down into manageable steps
- Create a plan that works for you
- Celebrate your success!

Jumpstart your success with online tools

Personal health coaching sessions are just one of the many resources at your disposal. You may also want to use our convenient online tools. Goal-setting and progress-tracking tools, healthy recipes and much more are available 24/7 for you at **MyActiveHealth.com/COVA**.

Best of all, Healthy Lifestyle Coaching and all of our online resources are included with your health plan at no additional cost. And, they're confidential.

To get started, call toll-free: 1-866-938-0349.

Monday–Friday, 8:30 am–11:00 pm, Eastern Time (ET) and Saturday, 9:00 am–2:00 pm, ET.

Find more helpful tips and motivation at **MyActiveHealth.com/COVA**.

