

## Imagine all the healthy things you want to do for yourself.

Now imagine making them come true. You can with the help of a personal health coach. Everyone can use a mentor, a confidante and a cheerleader in their life. A coach is all three rolled into one — an ally you can count on for advice, tips and encouragement, whether you want to lose weight, be more active, eat healthy or stress less.

### Coaching Program

The Coaching Program is offered as part of your benefits package. Along with access to a coach, it also provides online tools and mobile trackers to help keep you motivated every step of the way. So what are you waiting for? Get started!

We put the “CO” in Coaching.



**You + a personal health coach. Together, you're a powerful combo.**

**Enroll Now.**

**(800) 861-4826, option 4** or visit

**MedMutual.com/member**



## Reach a Healthy Weight

Does your car practically drive itself to the drive-thru on your way home from work? Do you have the same pair of pants in three sizes? Is your bathroom scale hidden in a closet? A lot of factors can help pack on the pounds. A coach won't judge or scold — just give you a personalized weight-loss plan tailored to your lifestyle, smart tips and encouragement to reach your goals.



## Be More Active

Does it seem like there aren't enough hours in the day to do more than eat, work and sleep? Is your road-warrior workweek throwing a wrench in your fitness routine? Are you looking for fun outdoor activities you can do with the whole family? Together, you and a coach will create a plan tailored to your lifestyle. Even if you're not ready for a full fitness plan, a coach can show you how to be more active at home, work, anywhere!



## Eat Healthy

Do your taste buds still rebel at the sight of veggies? Has lunch with coworkers turned into a daily "calories-smalories" binge? Do you think making healthy meals for your family means you have to spend more money? Whether you love junk food, haven't touched green vegetables in years, or crave sugar when you're stressed, a coach will help you find easy ways to eat healthier.



## Stress Less

Do you wish you could clone yourself so at least one of you could relax? Do you think "me time" is a luxury, not a must-have? Are you spending too much time in "cranky" rather than "happy" mode? Stress has a sneaky way of creeping into our daily lives. A coach will help you calm the chaos. Together, you'll create a plan to help you tame real-world stress at home and work.