

# Stay Healthy With Our Support

## Online Health Coaching



### **Weigh to Wellness**

Take charge of your decisions about eating and physical activity to manage your weight and improve your health.



### **iQuit Tobacco Cessation**

Discover solutions and resources to create your personal quit plan and become tobacco free for good.



### **Energize your Life**

Empower yourself to overcome barriers, get moving, fuel up before and after your workouts and establish a well-rounded fitness routine to live an active, energized lifestyle.



### **Live Well**

Build resiliency and adopt healthy behaviors to manage stress and improve your mental health.



### **Adolescent Mental Health**

Develop insight into your adolescent's behavior and an individualized plan to support you and your family.

## **The Support You Need:**

- 8 sessions with specialized content
- Simple online course format
- Videos, podcasts & live Q&As
- Interactive discussion boards
- Community support & accountability
- Guidance from expert health coach
- Action steps, strategies & resources

## **Register Today:**

Call the number listed on your **benefits ID card**, or email [wellness@imagine360.com](mailto:wellness@imagine360.com)

Participation in this program is optional and you can change your level of participation anytime. For more information regarding your rights and responsibilities with this program, please refer to your health plan's website or call the phone number on your benefits ID card.

**We're here for you with expert service and support.**

Call the number on your Benefits ID card.

Hours: Mon-Thurs: 7am-9pm CST Friday: 7am-7pm CST

