

# Reach your exercise goals this year!



Looking for an easier way to get quality care? Download our app for care that's available whenever, wherever you are.

**Scan to get started!**



Want to exercise more, but don't know where to start? We can help! Work with a health coach to:



## Set goals.

Your health coach will talk with you about your current health, goals and any challenges you're facing to find out what you want to achieve.



## Make a plan.

Once you know your goals, they'll help you make a realistic plan to reach them that fits into your lifestyle.



## Achieve success.

You don't have to do it alone! Your health coach will stay in touch with you to cheer you on, monitor your progress and help you stay on track.