



# Programs for Your Health

Personalized programs included in your benefit plan

## Your Health. Your Benefits.

When it comes to feeling your best, your needs are unique to you. Sometimes a little encouragement, understanding and support is all you need to feel better. Whether you're actively trying to improve your well-being, or you're just thinking about it, you and your family have access to unlimited, confidential health coaching sessions to help you reach your goals.

### What is my health coaching benefit?

- Unlimited coaching sessions available to you and your covered family members
- Offered at no cost to you
- Completely confidential

### Health coaches can help you to:

- Make a personalized plan to help you achieve success
- Access tools to help you reach your goals
- Incorporate lifestyle changes that will help you maintain your goals for a lifetime such as:
  - Losing weight and keeping it off
  - Quitting tobacco use—for good
  - Reducing stress in all areas of your life
  - Feeling more physically fit

*Or, just talk to someone about your health who can help motivate you.*

### How it works

- Talk with your coach over the phone at times convenient for you.
- Appointments can be up to one hour, depending on your needs.
- Coaches are available Monday–Thursday 8am to 10pm and Friday, 8am to 6pm (ET).



**To learn more, or to enroll in the program:**  
Call (866) 234-4635 to speak to a health coach  
Or, enroll online at [enroll.hpiachievehealth.com](https://enroll.hpiachievehealth.com)