

Take Healthy Steps for a chance to win!



Whether you want to eat healthier foods, lose weight, boost your energy or manage stress, Trustmark's Lifestyle Management program can help.

Begin by visiting the HealthCenter at myTrustmarkBenefits.com. Through the HealthCenter, you can complete your health risk assessment (HRA). By answering a few questions about your everyday habits, you'll receive:



A confidential health summary



An overall wellness score



Personalized feedback



Useful health tips



One-on-one support from a health coach

After you complete your HRA, a health advisor will contact you to share insight about your results and invite you to work one-on-one with a health coach.

And for a little extra motivation, if you complete your HRA, you will be entered for a chance to **win a \$250 Amazon gift card**.* We're all about motivation!

Visit the HealthCenter at myTrustmarkBenefits.com or call 866.454.8445 for more information about Lifestyle Management.

*For full giveaway details, visit the HealthCenter at myTrustmarkBenefits.com.