



MHN's *Personalized Wellness Coaching*

Are you ready to make a change? You don't have to do it alone. Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the resources, guidance and encouragement you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

- Weight management.
- Smoking cessation.
- Fitness and exercise.
- Stress management.
- Overall lifestyle improvement.
- Lifestyle support for chronic conditions such as asthma, diabetes and cardiovascular disease.



What to expect

Just give us a call, and we'll help you schedule an initial goal-setting consultation with your coach. In this 45- to 60-minute phone call, you and your coach will talk about your health status now and what has and hasn't worked for you in the past. Then you can work together to set goals that are realistic and achievable.

Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

- Schedule follow-up calls with your coach.
- Reach out as needed via phone, email or IM (coaches are available Monday through Friday from 8:00 a.m. to 8:00 p.m. throughout the continental United States).

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- Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.
- Receive personalized emails and coach-chosen materials.

This is the right time to make a change, and we're here to help.

MHN's personalized coaching services are separate from medical benefits offered by your employer. This is just a summary. For details about services and eligibility, please contact MHN, check your plan documents or contact your employer.

Need help?

Call toll-free, 24 hours a day, seven days a week: 1-800-535-4985

TTY users call 711.

Or visit us at: members.mhn.com and register with the company code: peralta