

Personalized support for living well

Ready to do something good for yourself?

It's easier than ever with the ActiveHealth® Lifestyle and Condition Coaching program. This personalized coaching program can help you eat better, get more active and take charge of your health.

Tailored to your needs

Health coaching provides helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way. But you set the tone and pace. You also choose how and when to interact with us. And you can always contact our team directly through calls or secure messages.



3 kinds of health coaching

- One-on-one phone coaching
- Live group coaching webinars
- Self-directed digital coaching

Visit
MyActiveHealth.com/UnitedNations
to start your coaching
program today.





With you at every step
with helpful support — on your terms.

Coaching offers tips and advice on more than 40 topics, including:

- Exercise and activity
- General health education
- Healthy eating habits
- Back and neck pain
- Sleep
- High blood pressure
- High cholesterol
- Asthma
- Stress management
- Tobacco cessation
- Weight management

Get easy access to your health coaching

You'll look forward to using our fun online resources. Here are some of the tools you'll use to stay healthy and active:

- Health assessment
- Personal health record
- Rewards
- Group coaching/
webinars
- Appointment scheduling
- Social communities

We'll help you start reaching your health goals, one step at a time.

Visit MyActiveHealth.com/UnitedNations,

or call us at **1-800-778-8351 (TTY: 711)**.



Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not diagnose or treat members. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

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