

Feel better, get active and be healthier with your wellness program.

Don't miss out! Your wellness program includes:



Lifestyle and condition coaching:

Ready to do something good for yourself? Now, it's easier than ever. This personalized coaching program can help you reach your health goals. You can learn to eat better, get more active and take charge of your health. You choose how to use the program. You can go at your own pace with online digital coaching. Or you can work with a coach in live, group coaching sessions or one to one over the phone.



MyActiveHealth website:

Managing your health can be challenging. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes and more. Whatever gets you closer to achieving your health goals. You'll find it online at MyActiveHealth.com/UnitedNations



ActiveHealth app:

Always on the go? No problem. The ActiveHealth app is ready for you wherever you are. Just search for "ActiveHealth" in your app store and download the app.



Health Actions:

Small actions matter — especially when it comes to staying at your best health. You'll get notifications from ActiveHealth with important steps to take to help you achieve your best health. We call these Health Actions. Track them online on MyActiveHealth.com/UnitedNations



Digital Coaching:

Keeping healthy and staying healthy, it's the goal! Use your digital coach in your personal health website to help you reach your health goals. It can help you focus on setting weekly activities for being active, eating better and managing weight. You can also access activities, such as quizzes, videos and articles.



Challenges:

Your well-being is more than your physical health. Check out the many topics that are in your personal health website. Back pain management. Financial wellness. Heart health. Sleep health. And many more areas to explore, all online.

You can get started today. Call **800-778-8351**
or log on MyActiveHealth.com/UnitedNations



Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. 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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