

# You can change your health journey!

## Well-being Coach can help.

### Coaches bring out our best

Staying healthy can feel like an impossible task — especially when you have an ongoing health condition or a busy schedule.

What if you had a coach or even a whole coaching team to keep you on track? Well-being Coach is here to help you with two challenging, but worthwhile, steps toward a healthier you: **quitting tobacco and managing your weight.**

You'll have access to a coach to answer questions, help you steer clear of poor health choices and boost your success. Well-being Coaches are available by phone or online chat, at no extra cost to you.

Here's the big idea in three simple steps:



1 You and your coach will identify your goals, and what you'll need to change to reach them.



2 Together, you'll create custom action plans to get you there, one step at a time.



3 You'll earn valuable rewards for using and completing the program.

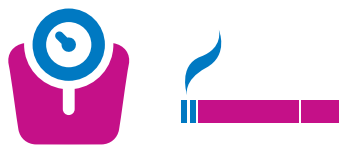


**When you use Well-being Coach, you're starting a journey —** from setting goals and breaking old habits to trying new challenges and changing how you feel.



## Helping you each step of the way

Each Well-being Coach is specially trained to help you ditch old habits so you can embrace a healthier life. Your coach can help you through:



losing weight — and keeping it off — or quitting tobacco, including how prescribed tobacco-cessation medications and methods can help.<sup>1</sup>



Connect via click to chat or call  
**1-833-985-8464.**



Access resources and materials that will support you in meeting your goals.

## Ready to begin your personal health journey?

You can connect with your Well-being Coach through the Sydney Health app. Sydney makes it easy to stay connected to your health. Download the Sydney Health app at Google Play™ or the App store®.

**With Well-being Coach, you can earn \$50 in premium contributions just for taking part in three coaching calls and completing your tobacco-quitting and weight-loss goals.<sup>2</sup>**



<sup>1</sup> Tobacco-cessation medications and methods are available to clients who have Anthem pharmacy benefits.  
<sup>2</sup> Awards are available for eligible, identified members only.

Reloadable Health Rewards gift cards can be used anywhere Debit Mastercard, Maestro and NYCE cards are accepted. This card can't be used at any ATM or to obtain cash.

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