

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/MedPremier



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/MedPremier



Maternity support:

Pregnancy is an exciting time in your life. You may have a lot of questions or need support. Even if you're an experienced mom. This program includes support and resources just for you. You can even call and speak to a nurse coach if you want.



Case management:

Your health should be front and center. That's true whether you're managing a chronic condition or recovering from an injury. Or maybe you're dealing with another challenge. We'll pair you with an experienced nurse. Your nurse coach can help take care of the details of whatever you're facing. That leaves you free to focus on getting better.

You can get started today. Call **877-518-0768**
or log on MyActiveHealth.com/MedPremier



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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