

Get Started With Lifestyle Coaching Today

Did you know Lifestyle Coaching can help you to feel better and live a healthier life?

Are you ready to take that first step?

Whether you are trying to lose weight, stop smoking, or manage stress, getting started and staying motivated can be difficult. Now you can get the support you need to make changes you want and stay on track with the support of a lifestyle coach. You will receive \$20 wellness dollars per coaching call with a max reward of four calls.

Visit your wellness website to learn all the details of the lifestyle coaching program* and enroll today!

Questions?

Log in to the *well-being* pages on Inside CHI

* For most locations, you can participate if you are a benefits-eligible employee and your spouse may participate if they are enrolled in the CHI Medical Plan.

**For CHI Franciscan Health locations, you and your spouse may participate if enrolled in the CHI Medical Plan.



well-being

