



For state and higher education  
employees and spouses

## 30-minute Healthy You group coaching classes

Get started on your path to  
better health.

**PARTNERS  
FOR HEALTH**

**ActiveHealth**  
MANAGEMENT

Join a half-hour **Healthy You** online group coaching class and see how much better you can feel.  
Different classes are offered each quarter. Check out what's happening this quarter.

### New classes each quarter

See back of this flyer for details.

It's easy to sign up. Just call  
**1-888-741-3390.**

We offer classes on many days and times.  
Call today and pick a time that works for you.

## How to attend a class

You'll join on your computer. Just follow these simple steps.

**Step 1:** Call **1-888-741-3390** to sign up for a class.

**Step 2:** You'll get an email invitation from WebEx. Follow the instructions in that email  
to register. You'll get an email confirmation with a link for your class.

**Step 3:** When it's time for your class, just click on the link in the confirmation email to join.  
You can also chat with your course instructor online during the class.

The information provided by the ActiveHealth Management health and wellness programs is general in nature. 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. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

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## **30-minute Healthy You online group coaching classes in July, August and September**

All times are Central Time (CT). Classes last for 30 minutes.

### **Safe and savvy summer**

- July 13 at 7:00 PM
- July 15 at 9:00 AM
- July 27 at 9:00 AM
- July 31 at 2:30 PM
- August 18 at 6:00 PM
- August 21 at 10:30 AM

School's out for summer! But you can still learn about staying safe and healthy. Get tips on how to keep cool and hydrated in the blazing temps. Find ways to save your skin from biting bugs and scorching sun.

### **Transform your exercise routine**

- July 21 at 1:00 PM
- July 23 at 6:00 PM
- September 9 at 8:30 AM
- September 10 at 5:00 PM
- September 21 at noon
- September 23 at 4:00 PM

Are you bored with your normal exercise routine and looking to kick it up a notch? Learn how to take your exercise to the next level and get some tips to keep it fun and fresh.

### **Solving the puzzle: What your numbers might mean for you**

- August 10 at 8:30 AM
- August 13 at noon
- August 26 at 7:00 PM
- August 28 at 2:00 PM
- September 15 at 4:00 PM
- September 17 at 10:30 AM

Why are your biometric numbers important? And how do the pieces make up the puzzle of your risk for heart disease? We will help you solve the puzzle. And we'll discuss how to control and manage your weight, blood pressure, cholesterol, triglycerides and blood sugar.

**It's easy to sign up. Just call 1-888-741-3390.**