



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 October, November and December**

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

### **Fall in love with fruits and veggies**

- October 12 at 9:30 AM
- October 14 at 6:00 PM
- October 26 at 4:00 PM
- October 28 at noon
- October 29 at 7:00 PM
- November 2 at 3:00 PM
- November 9 at 6:00 PM
- November 11 at 10:30 AM

Did you know that most Americans don't eat enough fruits and veggies? We'll show you how they pack a health punch. And we'll talk about how to add more to your meals and pump up the flavor.

### **Preventive health for men and women**

- October 19 at 2:00 PM
- October 22 at 11:00 AM
- October 22 at 7:00 PM
- December 1 at 9:30 AM
- December 3 at 3:00 PM
- December 14 at 3:00 PM
- December 16 at 9:00 AM

Taking care of your health is more than getting treatment when you're sick. We'll talk about how you can actively participate in your health. You'll learn about health risk factors – ones you can change and ones you can't. And we'll review preventive screenings.

### **Tips for a stress-free holiday**

- November 4 at 6:00 PM
- November 6 at 9:30 AM
- November 16 at 2:00 PM
- November 19 at 5:00 PM
- December 2 at 7:00 PM
- December 7 at 5:00 PM
- December 9 at 11:30 AM
- December 15 at 7:00 PM

The holidays can be exciting. But they can also add stress – both good and bad. We'll review common holiday stressors, like budgets and family time. We'll go over ways to manage your stress. And we'll talk about some coping skills that can help with holiday anxiety.

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