

Get started with your wellness program.

It only takes a few minutes to
get on the path to better health.

PARTNERS
FOR HEALTH

 **ActiveHealth**
MANAGEMENT.



Get started at myactivehealth.com/wellnesstn

You can also use our app. Search for "ActiveHealth" in your app store.



**Personalized
health tips**



**Coaching
support**



**Trackers to show your
progress toward your goals**



**And
more**

And, personalized coaching support if you have a long-term health condition

Do you have asthma, diabetes, coronary artery disease, congestive heart failure or chronic obstructive pulmonary disease (COPD)? You can talk one-on-one with a nurse about your condition. And if you have one of these conditions, ActiveHealth may contact you to explain this program to you. The wellness program doesn't replace your doctor or provide medical care. It's just a little extra help from a nurse on ways to better manage your condition.



Questions?

Support is just a click or phone call away.

Find more information at www.myactivehealth.com/wellnesstn.

Or call us: **888-741-3390**, Monday – Friday 8:00 a.m. to 8:00 p.m. CT

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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