



For state and higher education employees and spouses

## 30-minute Healthy You group coaching classes

Get started on your path to better health... and earn cash incentives while you do it.

**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 month. Check out what's happening this month.

### New classes each month

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.

### You can learn how to be healthier and earn cash incentives

You'll get **\$50** for going to your first class. Go to two more classes on different topics and you'll get another **\$150**. That's **\$200** total.

### 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**

### **October**

- Preventive Health for Men and Women
- Women's Health
- It's a Guy Thing

### **November**

- Battling Holiday Stress
- A Growing Concern...Reduce Your Diabetes Risk
- Shhhh Good Night Sleep Well

### **December**

- The Gift of Health
- Cold Weather Exercise
- Reducing Holiday Stress with Mindfulness

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