



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 April, May and June

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

Get Up, Get Active

- April 13 at 9:30 AM
- April 16 at 1:00 PM
- April 27 at 12:30 PM
- April 29 at 6:00 PM
- May 11 at 7:00 PM
- May 14 at 9:30 AM

Exercising regularly can improve your overall health and fitness. Exercise can also give you more energy and help reduce your risk of long-lasting diseases. We'll discuss easy tips to fit activity into your schedule and stay fired up for long-term success

Balance Your Diet and Your Life

- May 3 at 11:30 AM
- May 5 at 5:00 PM
- May 17 at 6:00 PM
- May 20 at 1:00 PM
- June 7 at 4:00 PM
- June 9 at 11:30 AM

You know your body needs energy. But where do you get it? In this session you'll learn that and more. We'll talk about six ways to eat healthy. And how to set goals that can help you change your eating habits for good.

Solving the Puzzle

- April 19 at 7:30 PM
- April 21 at 2:00 PM
- June 1 at 10:30 AM
- June 4 at 12:30 PM
- June 22 at 7:30 PM
- June 25 at 9:30 AM

What are biometrics? We'll talk about numbers like height, weight and blood pressure and how they relate to your overall health.

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