



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.

### **Living with Asthma:**

- April 12 at 9:30 AM
- April 14 at 2:00 PM
- April 24 at 10:30 AM
- April 26 at 5:30 PM
- May 9 at 12:30 PM
- May 11 at 6:30 PM

Asthma affects about 8% of our population. It can be a scary and dangerous condition. In this session, we'll go over common triggers, signs and symptoms. We'll discuss medicines that can help. And we'll talk about why it's important to have an action plan for your asthma care.

### **What's in this: decoding food labels:**

- April 18 at 6:30 PM
- April 20 at 8:30 AM
- June 5 at 5:00 PM
- June 9 at 12:30 PM
- June 21 at 10:30 AM
- June 22 at 4:00 PM

Organic. Free range. Trans fat. Daily value. What does it all mean? In this session we'll talk about some basic terms from food labels. And we'll dive into some of the newer terms popping up on packaging.

### **Taking time for self care:**

- May 1 at 6:00 PM
- May 5 at 9:00 AM
- May 15 at 11:00 AM
- May 17 at 3:00 PM
- June 13 at 8:30 AM
- June 14 at 7:30 PM

Your health begins with you. Take the time to figure out what you need to stay healthy. Maybe it's getting an annual check-up at your doctor. Or having a day to do a self-inventory. With all that you need to do, don't forget to make yourself a priority.

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