



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 July, August and September

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

Is Your Headache a Migraine:

- July 13 at 8:30 AM
- July 15 at 2:00 PM
- July 25 at 4:00 PM
- July 29 at 10:00 AM
- August 16 at 11:00 AM
- August 18 at 4:30 PM

Do you ever have a headache? We'll talk about what kinds of headaches people have. We'll go over what causes them and what you can do about it. And we'll talk about migraines and how to prevent and treat them, and when to call the doctor.

Good night, sleep well:

- July 19 at 6:30 PM
- July 21 at 12:00 PM
- September 12 at 6:30 PM
- September 14 at 1:30 PM
- September 27 at 4:00 PM
- September 30 at 11:30 AM

Did you know over 3 out of 10 U.S. adults don't get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Getting enough good sleep isn't a luxury. It's a necessity. You can think of it as a "vital sign" of good health.

Fit Fitness into Your Workday:

- August 10 at 7:00 PM
- August 12 at 8:30 AM
- August 22 at 9:30 AM
- August 23 at 5:00 PM
- September 20 at 10:00 AM
- September 22 at 7:00 PM

How much do you sit during the day? You may not be able to fit in a full workout over your lunch break. But you can find ways to move, stretch, and help your posture during work.

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