

# Impacting lives across Ohio with individual health coaching

Better You, Better Ohio!™ success stories

## Move up to better health

Moving forward on a health journey is so much easier with the help and guidance of a coach.



### Fighting stress in a positive way

Like many others, Ana turned to food to fight her stress. Working with her Better You, Better Ohio! health coach, she learned other techniques to manage her stress. The changes have worked. In just two months, she has lost 8 pounds and has a lot more energy.

**“Thank you! You have been wonderful.”**



### Lifestyle changes to help manage diabetes

Hannah came to Better You, Better Ohio! looking for ways to lose weight and lower her blood sugar levels. She worked with a health coach on these topics. Hannah has now added in daily walks, both at work and with her dog, and regular stretching exercises. Most dramatically, her blood sugar numbers have dropped enough that her doctor has taken her off some medication.



### Healthy dad, ready for baby

With a new baby on the way, Tom has a lot to be healthy for. He worked with his Better You, Better Ohio! health coach on changing habits – like bringing a healthy lunch to work, instead of filling up on sweets during the day. He also increased his water intake and started eating smaller portions. He’s feeling great and ready to take on life’s new adventures.



Better You, Better Ohio! is a free wellness program for small businesses. To see if your business is eligible, visit [Go.ActiveHealth.com/BetterYouBetterOhio](https://Go.ActiveHealth.com/BetterYouBetterOhio).



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These worker experiences are real, but their names have been changed. Does not guarantee similar results. Results may vary depending on an individual's use of the program.

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