

# Call Your Health Coach!

If you participated in the most recent CHC Wellness Screening, you have unlimited access to a personal Health Coach!

Here are some of the programs you can choose to help you reach your goals...

Weight management  
Fitness/exercise  
Nutrition  
Stress management  
Smoking cessation  
Pre-Post natal programs  
Self-care of chronic conditions:  
Diabetes, low-back pain, etc.

**All coaching sessions are 100% confidential!**

**CALL A HEALTH COACH TODAY!**



## HOW TO SIGN UP:

1. Go to [www.chcw.com](http://www.chcw.com) and login with your username and password. Click 'Follow-up programs' > 'Health Coaching' > 'Take me to health coaching'

If you do not remember your Username or Password, simply click the '[Forgot Username or Password](#)' link.

Or

2. Call toll free at 1-888-493-5522 to speak with a Health Coach. Available Monday – Friday 8am to 8pm (CST).

**REMEMBER:** You must have participated in the most recent CHC Wellness screening to be eligible for health coaching.

**A health coach can help you set a personal health goal, create an action plan, and recommend numerous strategies to help you reach your goals.**

