

# Your Healthyroads Coaching Program for Weight Management, Tobacco Cessation, and Healthy Living

The Healthyroads Coaching Program is telephone-based and is designed with your convenience in mind. Coaching sessions include:

- One kickoff session (up to 30 minutes) with a health coach to get an overview of the program, set initial goals, and establish a relationship
- One general assessment session per year to establish your baseline data and review your medical history and pharmaceutical prescriptions
- For tobacco cessation members, a pre-quit coaching session with a health coach to develop a strategy for quitting and identifying coping skills for success
- Up to 52 coaching sessions per year (one per week)

Healthyroads provides award-winning educational resources to help you make better health decisions, such as:

- A weight management manual or tobacco cessation manual
- Supplemental diet and exercise guides for specific medical conditions
- Self-care mental imagery or relaxation skills modules

Your coaching program also includes access to online tools, such as:

- A personal health assessment
- An extensive health library with over 1,000 articles on health-related topics
- Health trackers
- Customized exercise and meal planners
- Your personal health calendar

As a Healthyroads member, you may also be eligible for rewards to help you get started and keep going. When you complete your first three coaching sessions you will receive a Healthy Living Kit, which includes a Healthyroads cookbook, a body tape measure, a pedometer, exercise cord for home-based workouts, and four nutrition bars.\*

Or, if you participate in the tobacco cessation program, your Kit will include up to a six-week supply of nicotine replacement therapy patches, gum, or lozenges.

\* Contents may vary based on availability.

 Western Health Advantage





Brian W.—Lost 40 pounds through Healthyroads Coaching™  
“ I exercised my body, but the healthy food choices, meals, and what we did with our free time had a tremendous impact on my family, as well! ”

Emily T.—Gave up a 10-year tobacco habit through Healthyroads Coaching  
“ You have to have the drive and the motivation, and Healthyroads will teach you how to stay healthy and use that drive and motivation to succeed. ”



Diane L.—Lost 50 pounds through Healthyroads Coaching

“ Today, I exercise daily and am healthier than I've been in 30 years. My doctor says I've added 10 years to my life. ”

## What Are You Waiting For?

Get started with your Healthyroads Coaching Program today. Call Healthyroads today at 877.330.2746 to start your journey to better health. Or, visit us online at [www.Healthyroads.com](http://www.Healthyroads.com).