



Personalized support for living well

Ready to do something good for yourself?

It's easier than ever with the ActiveHealth® Lifestyle Coaching program. This personalized coaching program can help you eat better, get more active and take charge of your health.

Tailored to your needs

Health coaching provides helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way. But you set the tone and pace. You also choose how and when to interact with us. And you can always contact our team directly through calls or secure messages.



Talk to us

If you had a biometric screening and need to do more to earn a reward, you can earn a gift card reward after three coaching sessions for:

- Nicotine use
- Blood pressure
- Blood sugar (A1C glucose)

Sessions must be at least 10 days apart.

See all the details and get started:
MyActiveHealth.com/CPChem



Performance by design.
Caring by choice.™





With you at every step
with helpful support — on your terms.

Coaching offers tips and advice on more than 40 topics, including:

- Exercise and activity
- General health education
- Healthy eating habits
- Sleep
- Mindfulness
- Work-life balance
- Stress management
- Tobacco cessation
- Weight management

Get easy access to your health coaching

You'll look forward to using our fun online resources. Here are some of the tools you'll use to stay healthy and active:

- Health assessment
- Personal health record
- Rewards
- Group coaching/
webinars
- Appointment scheduling
- Social communities

We'll help you start reaching your health goals, one step at a time.
Visit MyActiveHealth.com/CPChem or call us at **1-877-489-9398**.



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