



# ***Reach Your Health & Fitness Goals With Silver&Fit® Well-Being Coaching***

## **Meet with a trained coach by phone, video, or chat, to get support with:<sup>1</sup>**

- Being active
- Eating healthy
- Practicing stress management
- Creating a sleep routine
- Losing weight while taking GLP-1 or anti-obesity medications

## **Work one-on-one with your coach to:<sup>2</sup>**

- Identify steps you can take to reach your goals
- Stay on track with meeting your goals
- Recognize and sustain healthy habits
- Build motivation to work toward future goals

**To get started, call Silver&Fit Customer Service toll-free at  
1.877.427.4788 (TTY/TDD: 711).**

<sup>1</sup>Members will work with their coach to determine the best session frequency. Initial session lasts up to 30 minutes; subsequent sessions last from 15 - 30 minutes.

<sup>2</sup>The Silver&Fit program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified healthcare professional.

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