

# Welcome to Active&Fit<sup>®</sup> Healthy Living Coaching



## One-on-one lifestyle coaching to help you reach your health goals.

With Active&Fit Healthy Living Coaching, you'll receive personalized, over-the-phone lifestyle coaching with a trained health coach\* to help meet your fitness, nutrition, and lifestyle goals.

The program is customized to support you as an individual, and help you set and reach your goals at your own pace.

**Coaching and healthy living resources are offered as part of the Active&Fit program at no additional cost.**

**Get started** at [ActiveandFit.com](https://ActiveandFit.com). You'll find the program details on your home page.

**1** Simply call the provided phone number to schedule your 30-minute kickoff coaching session.

**2** Work with your coach to determine how often you'll have sessions. Each session lasts up to 15 minutes.

\*Information provided by Active&Fit health coaches and the Active&Fit program does not take the place of information, advice, recommendations of your physician/doctor or any other specialty health care providers.

36194\_MPINF09420AH\_C(11/2021)

M965-223B-HF 8/21 © 2021 American Specialty Health Incorporated (ASH). The Active&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of ASH. All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit and the Active&Fit logo are federally registered trademarks of ASH. Other names or logos may be trademarks of their respective owners.