

Looking for ways to reduce stress?

Want to learn about managing a chronic health condition?

Ready to lower your disease risk?

Need to lose weight?



HEALTH AND WELLNESS COACHING PROGRAM

Support and guidance for improving health and wellness.

Call 1-866-905-7430 to get started!

Participation is voluntary and confidential.

Coaches are available 7 a.m. – 8 p.m.

Monday through Friday and 9 a.m. – 5 p.m. Saturday.

Discover all the valuable health and wellness resources for you at medica.com/managemyhealth

If available through your employer

COM5055-10409

© 2009 Medica. Medica® is a registered service mark of Medica Health Plans. "Medica" refers to the family of health plan businesses that includes Medica Health Plans, Medica Health Plans of Wisconsin, Medica Insurance Company, Medica Self-Insured, and Medica Health Management, LLC.