

Choose your own adventure.



Wellness NECA-IBEW Welfare
POWER Trust Fund Wellness and
Disease Management Program

OptumHealthSM
Optimizing Health and Well-Being™

Let a Wellness Coach be your guide.

Making healthful lifestyle changes can feel more like a journey than a quick jaunt down the road. Fortunately, you don't have to venture out alone. A Wellness Coach will be with you every step of the way.

We've got your roadmap to success.

The path to good health isn't the same for everyone. Each program participant is paired with a Wellness Coach who will work one-to-one with you to personalize a plan specific to your needs. Studies show that a coach can double your chances of success.¹ You'll also experience these benefits and more:

- Periodic follow-up phone calls with your coach to monitor your progress
- Encouragement and support to help you reach your milestones
- Educational tools to help make everyday choices easier

Wellness Coaching is offered at no additional cost to you, as part of your benefit plan. Programs are available for:

- Nutrition
- Heart health
- Exercise
- Weight loss
- Tobacco cessation
- Stress management
- Diabetes

All information shared with the coach will be kept confidential.

Call **1-877-219-5999** today.

¹ Legal source: Rabius, McAlister, et. al., Health Psychology, 2004, Vol. 23, No. 5: 539-541.

Call Wellness Coaching today.
1-877-219-5999

TTY/TDD callers, please call 1-800-855-2880 and ask for the number above.

**When you call, ask for this
carabiner stopwatch and compass*
with our compliments.**

* While supplies last.



OptumHealthSM provides information and support as part of your health plan. It is not a substitute for your doctor's care. Your personal health information is kept private in accordance with your plan's privacy policy. For more information, please refer to the telephone number on your health plan ID card.

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