



You can change your health journey!

Well-being Coach can help.

Coaches bring out our best

Staying healthy can feel like an impossible task — especially when you have an ongoing health condition or a busy schedule.

What if you had a coach or even a whole coaching team to keep you on track? Well-being Coach is here to help you with two challenging, but worthwhile, steps toward a healthier you: **quitting tobacco and managing your weight.**

You'll have access to a coach to answer questions, help you steer clear of poor health choices and boost your success. Well-being Coaches are available by phone or online chat, at no extra cost to you.

Here's the big idea in three simple steps:



You and your coach will identify your goals, and what you'll need to change to reach them.



Together, you'll create custom action plans to get you there, one step at a time.



You'll pinpoint the resources and support you need to maintain a healthier lifestyle, and leave those old habits in the dust.



When you use Well-being Coach, you're starting a journey — from setting goals and breaking old habits to trying new challenges and changing how you feel.

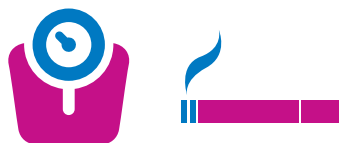


Ready to begin your personal health journey?

You can connect with your Well-being Coach through the Sydney Health app. Sydney makes it easy to stay connected to your health. Download the Sydney Health app at Google Play™ or the App store®.

Helping you each step of the way

Each Well-being Coach is specially trained to help you ditch old habits so you can embrace a healthier life. Your coach can help you through:



losing weight — and keeping it off — or quitting tobacco.



Connect via click to chat or call
1-833-985-8464.



Access resources and materials that will support you in meeting your goals.

Curious? Still have questions? We're happy to help!

Simply call **1-833-985-8464.**



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