



Get Healthy Your Way

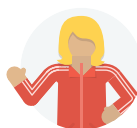
Personalized support tailored to your goals.

With Wellness Coaching, you have access to expert coaches and digital tools to help you reach your health goals. It's all about getting and staying healthy — your way — anytime. Plus, it's all included in your benefits, so there's no additional cost.



Choose Your Health Goals

From sleeping better or eating smarter to getting fit.



Connect 1-on-1 With a Coach

Get tailored support from a coach via online chat or phone.



Take Online Programs

Access self-paced courses and guided discussions 24/7.

Get started today at RallyHealth.com/Wellness
or call **1-800-478-1057, TTY 711.**

Connect with a coach 7 am to 10 pm Monday-Thursday, 7 am to 7 pm Friday,
8 am to 4:30 pm Saturday, Central Time.