R▲LLY/COACH[™]



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.

The program is not an insurance program and may be discontinued at any time. The information provided through the program is for informational purposes only and provided as part of your health plan. It is educational in nature and should not substitute for medical advice.