

# Free Confidential Health Coaching Available to You and Your Family

Working with a health coach can be expensive, but you're in luck. Your employer is providing you and your family Free, confidential access to Certified Health Coaches.



[www.gemcorehealth.com/enroll](http://www.gemcorehealth.com/enroll)

Take the next step in your health journey and get the support you need from a health coach who will help you assess your needs, establish goals, build a personalized plan, and support you along the way!

You and your family can get help for:

- Nutrition and Weight Loss
- Fitness
- Diabetes (Includes supplies)
- Hypertension
- Cholesterol
- and More!

**It's simple, it's free, and it's confidential! Enjoy these benefits at no cost to you, from the comfort of your home.**

## Here's How It Works:

1. Visit [www.gemcorehealth.com/enroll](http://www.gemcorehealth.com/enroll), scan QR code or call 1-888-423-5220 to enroll.
2. Your coach will then assess your needs and help you establish your goals and build a personalized plan just for you.
3. Your coach will provide support and coaching to help you reach your goals, and will provide supportive resources along the way.
4. Your coach can be reached via phone, email, text, and through our secure online patient portal so you can talk to your coach how and when you need to.

