



Get results with your own personal coach!

Successful people such as athletes and actors use coaches to help them reach their goals. And now so can you!

Whether you want to fit into your skinny jeans, play with your kids without getting winded or boost your confidence and get healthier - enrolling with your own personal health coach can make it happen!

Remember, no goal is too small or too big! If you've been thinking about making changes to look and feel better or if you've already started, our coaches will give you the tools, motivation and support to stick with it and reach your goals. Call us today!

Your personal coach can help you:

- Lose weight
- Eat healthier foods
- Be more active
- Gain energy
- Ease stress
- Quit smoking

With "Healthy Living" you'll get:

- A personal health coach
- Online and telephonic support
- Printed program materials

Enrolling for your own health coach is free and takes just 5 minutes.

Call **(866) 766-8795** today!



Learn about disease management by visiting the "Healthy Living" website at www.Alerecares.com/OME-RESA. Develop a healthier lifestyle by visiting the "Healthy Lifestyles" website at www.ome-resahealthy lifestyles.com. The OME-RESA Health Benefits Program is an Ohio-based non-profit public employer consortium of which your employer is a member.