



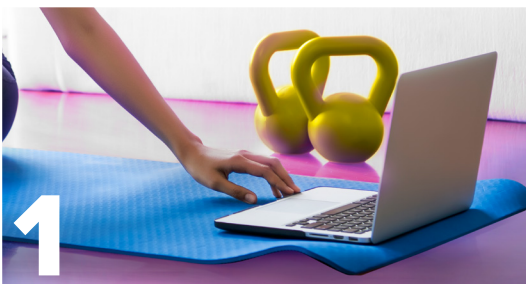
1:1 Well-Being Coaching

Included in Your Membership for No Additional Cost

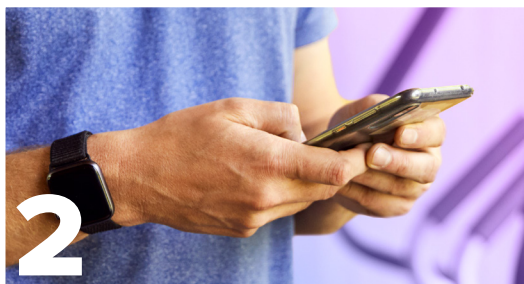
Wherever you are on your health journey, the Active&Fit Direct™ program is here to help. Our well-being coaches work with you to **set healthy goals that lead to lasting lifestyle changes** – and equip you with all the tools you need to succeed. You'll also get access to the Active&Fit Direct Resource Library, where you can find healthy living articles and self-care tools to support your coaching sessions and keep your goals on track. Set goals in areas such as:

Creating a Fitness Routine | Eating Healthier | Losing Weight | Managing Stress | Sleeping Better

How to Get Started



1
Enroll in the Active&Fit Direct program through your company website link.



2
Log in and call the phone number at the bottom of your Dashboard to schedule a session.



3
Enjoy weekly or monthly virtual sessions with your coach.