

**You don't have to go it alone**

Teaming up with a health coach can be the difference between setting goals and meeting them. Want to lose weight? Be more active? Quit tobacco? Reduce stress? Maybe you just want to boost your mood or have more energy to play with the kids. Whatever your goals, a health coach can help you see them through.

Working with a health coach can also help you earn your [HealthPartners Living Well or client program name] reward.

For questions, contact [group contact name] at **[number]**.

Take your health assessment to access your activities and more at **healthpartners.com/signin/livingwell** or use the myHP app.