



## Start your well-being journey with a health coach

**Enroll online or call  
1 (855) 329-5461 today!**

As an HMSA member, you get personalized support from Hawaii-based health coaches over the phone at no cost. This confidential, voluntary program gives you access to coaches who are registered nurses, exercise physiologists, health educators, registered dietitians, or other health care professionals.



During these 10-15 minute calls, a health coach can help you:

- **Set and achieve your health goals.**
- **Manage stress.**
- **Lose weight.**
- **Create a healthy eating plan.**
- **Find fun, simple fitness routines.**
- **Improve your health and well being.**



Get started with a health coach by enrolling online or calling **1 (855) 329-5461**, option 1, Monday-Friday, 8 a.m.-5 p.m.

For more information, visit [hmsa.com/well-being/health-coaching/](https://hmsa.com/well-being/health-coaching/).



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