Aim for Change

TALK WITH A WELLNESS COACH ABOUT A PERSONALIZED HEALTHY LIFESTYLE PLAN.

Why take control of your health?

- Feel better
- Have more energy
- Be more active with your family
- Sleep better
- Improve heart health, blood pressure, cholesterol, and/or better control diabetes
Good nutrition, exercise, and a healthy weight are important for your overall health and well-being.

The Aim for Change program is designed to help build the skills you need for a healthy lifestyle. Work with a personal wellness coach to learn:

- Nutrition basics and tips to improve your diet.
- Physical activity basics and strategies to move more.
- How nutrition and activity contribute to weight management.
- Strategies for the challenges and obstacles you might encounter.

Call 1-800-650-8442 to get connected with a coach, Monday – Friday, 8:30 a.m. – 7:30 p.m. ET, or visit HighmarkHealthCoachBCBS.com to learn more.