

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.**

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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