

LIFESTYLE & CONDITIONING COACHING

Ready to do something good for yourself?

This personalized coaching program can help you eat better, get more active and **take charge of your health**. We'll help you start reaching your health goals one step at a time.



One-on-one
phone coaching



Live group
coaching webinars



Self-directed
digital coaching

Tailored to your needs

Health coaching provides helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way. But **you set the tone and pace**. You also choose how and when to interact with us. And you can always contact our team directly through calls or secure messages.



Start **today**, visit:

www.myactivehealth.com/fsbp



With you at every step.

With helpful support — on your terms

Coaching offers tips and advice on more than 40 topics:

- Diabetes
- High blood pressure
- High cholesterol
- Weight management
- Back and neck pain
- Asthma
- Heart failure
- Coronary artery disease (CAD)
- Chronic obstructive pulmonary disease (COPD)
- Rheumatoid arthritis
- Osteoporosis
- Chronic hepatitis
- Migraines
- Osteoarthritis
- Peptic ulcer disease
- Colitis/Crohn's
- Cancer

Start today

Visit: www.myactivehealth.com/fsbp

Call: 1-866-533-1410 (TTY: 711)

The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.



FOREIGN SERVICE BENEFIT PLAN

