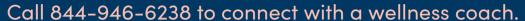
Get personalized coaching from a Highmark wellness coach.





A coach can create a customized plan or recommend a program to help you:

- Lose weight
- Quit smoking
- Sleep better
- Reduce stress
- Manage chronic conditions



How To Be Tobacco-Free

Prepare to quit, get support while you quit, and look forward to a tobacco-free lifestyle.

The How To Be Tobacco-Free program was developed with the help of ex-tobacco users and tobacco cessation experts. Talk to a wellness coach about a plan to quit tobacco.

You'll learn strategies to:

- Identify and meet your nicotine triggers head-on.
- Anticipate and plan for challenges.
- Reduce withdrawal symptoms.
- · Combat cravings.
- · Cope with stress.
- Set and reach your goals.
- · Plan for success.

My Weight Management Journey

Maintaining a healthy weight is important for overall health and well-being.

The My Weight Management Journey program is designed to help you build the skills to manage your weight and keep it off.

Your wellness coach will guide you through:

- Finding the right nutrition approach.
- Mastering food labels and portion sizes.
- Staying on track with an exercise plan.
- Planning meals and shopping for food.
- Breaking down barriers and behaviors that slow progress.
- Keeping weight off long term.