

# Your Goals. Your Pace. Your Health Coach.



EMI.MKTG.LIFESTYLEHEALTHCOACHING.4.26.1452

## Lifestyle Health Coaching

Get support for your health goals at no extra cost.

As part of your BeWell benefit, you can work with a certified health coach through WebMD Health Services. Your coach can help you set goals, track your progress, and build healthy habits that fit your life.

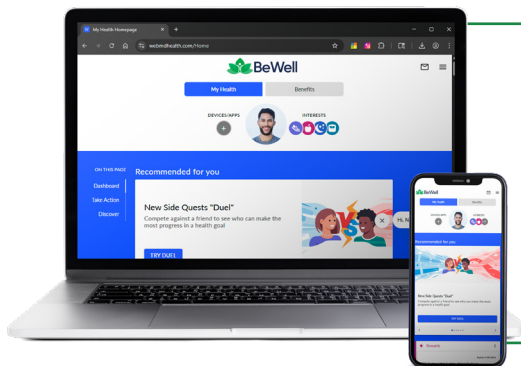
### Get started today!

1. Go to the BeWell portal by scanning the QR code below
2. Login with your My EMI Health account credentials

**Don't have an account?** Register your My EMI Health account by going to [emihealth.com/account](https://emihealth.com/account).

### Your coach can help you:

- Set realistic wellness goals
- Stay motivated and on track
- Build healthy habits over time
- Get trusted health tips and support
- Make small changes that can improve your overall well-being



## Connect with a BeWell Health Coach today!

Scan the QR code to login to BeWell or call 1-888-263-0209 to learn more!

**Want to learn more about your wellness benefit?**

→ Please visit [info.emihealth.com/bewell](https://info.emihealth.com/bewell)