



Wanted: Good listener who's ready to help me achieve my goals. Must be dependable and nonjudgmental, plus have a good sense of humor and be focused on my needs.

See other side to find your perfect partner for living well ...

A supportive partner is just a click or a phone call away.

Sign up with an OptumHealth Wellness Coach and connect with an expert who will help you set health goals and achieve them.

Whatever your health goals—managing stress, quitting tobacco, coping with diabetes or another condition—your wellness coach can help you get the results you're after. Want to lose some weight? Your coach will find fitness and nutrition programs that are right for your situation. Your coach will check in regularly to see how you're doing, celebrate your successes and help you stay on track.

This program is completely confidential and offered at no cost to you. And when you enroll in your first coaching program, you'll receive a \$100 contribution to your health savings account or a \$25 gift card!



Go to the AGBenefits website at
www.americangreetingsbenefits.com to learn more
or call OptumHealth at 1-800-478-1057 to enroll.



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