



Make a Change for Better Health--Call a Wellness Coach Today! (It's Free!)

Thinking about getting into shape, starting a fitness routine, and eating better? Or, maybe you're thinking about how to reduce stress or quit tobacco. Whatever your health goal, desire isn't enough—help is needed to get into action! **That's where partnering with a wellness coach who provides dedicated support can lead you to success.**

Wellness coaching is offered **FREE OF CHARGE** to all State of Maryland employees who have health insurance benefits as an employee through Carefirst, United Health Care and Kaiser Permanente. The coaching is personalized, confidential, and conveniently conducted via telephone. Don't delay, start your wellness coaching partnership today by calling the wellness coaching numbers for your health insurance carrier listed below:

CareFirst: [1-800-783-4582](tel:1-800-783-4582) (select option 2)

United Healthcare: [1-800-478-1057](tel:1-800-478-1057)

Kaiser Permanente: [1-866-862-4295](tel:1-866-862-4295)

Remember, this service is offered at no cost to you through your health benefits!

If more information is needed, please contact the State of Maryland Wellness Coordinator, Brenda Salas, at Brenda.salas@maryland.gov