



Reach Your Health & Fitness Goals With Silver&Fit® Well-Being Coaching

Meet with a trained coach by phone, video, or chat, to get support with:¹

- Being active
- Eating healthy
- Practicing stress management
- Creating a sleep routine
- Losing weight while taking GLP-1 or anti-obesity medications

Work one-on-one with your coach to:²

- Create an action plan
- Set goals you can reach
- Work toward healthy habits
- Build your skills and confidence for the future

**To get started, call Silver&Fit Customer Service toll-free at
1.877.427.4788 (TTY/TDD: 711).**

¹Members will work with their coach to determine the best session frequency. Initial session lasts up to 30 minutes; subsequent sessions last from 15 - 30 minutes.

²The Silver&Fit program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified healthcare professional.

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