

Feel better, get active and be healthier with your wellness program.

Don't miss out! Your wellness program includes:



Health coaching:

Ready to do something good for yourself? Now, it's easier than ever. This personalized coaching program can help you reach your health goals. You can learn to eat better, get more active and take charge of your health. You can even work on quitting nicotine. You choose how to use the program. You can go at your own pace with online digital coaching. Or you can work with a coach in live, group coaching sessions or one to one over the phone.



MyActiveHealth website:

Managing your health can be challenging. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes and more. Whatever gets you closer to achieving your health goals. You'll find it online at MyActiveHealth.com/CPChem



ActiveHealth app:

Always on the go? No problem. The ActiveHealth app is ready for you wherever you are. Just search for "ActiveHealth" in your app store and download the app.



Your health education:

Your well-being is more than your physical health. Check out the many topics that are in your personal health website. Back pain management. Financial wellness. Heart health. Sleep health. And many more areas to explore, all online.



Sync your devices:

Want to track the progress you've made toward reaching your health goals? It's easy when you sync all your favorite fitness devices and health apps. You or your wellness coach can track your activity and health data in one place. And you'll get a more complete view of your health.

And earn gift card rewards for working on your health and well-being.
Just visit MyActiveHealth.com/CPChem to learn more.

You can get started today. Call **877-489-9398**
or log on MyActiveHealth.com/CPChem.



Performance by design.
Caring by choice.™



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