

“I want my clothes to fit better.”



With your personalized well being plan, you can meet your fitness or weight loss goals. Plus, take advantage of:

Online fitness tracking

Online food tracking

Online coaching and support

“I want to quit smoking for good”



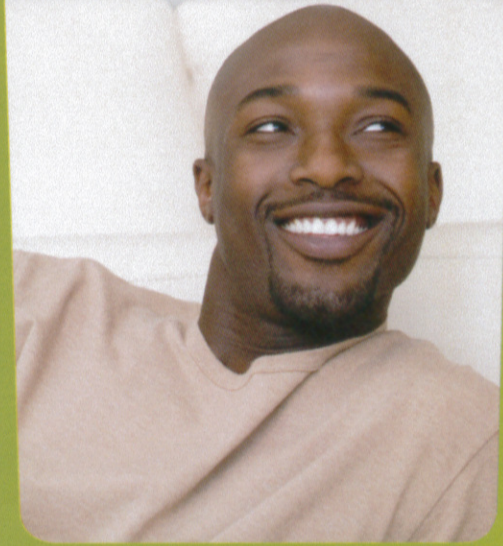
You can learn how to become tobacco free with access to:

QuitNet online tools

Support from other quitters

Quitting guide and resource

“I want to live a healthier life.”



Use the online health assessment to see where you stand – and know what you can do to be healthier. You have unlimited access to:

Healthy recipes

Educational articles

Nutrition trackers

Smoking cessation program

Online Chat with a health coach

Healthy Lifestyles

Whether you want to lose weight, eat healthier, exercise more or just feel better, Healthy Lifestyles has the online tools, resources and support you need to set personal goals and keep track of your progress. You'll even be rewarded for your hard work. Our rewards system lets you get great gear such as gym bags, headphones, fitness accessories and more.

Healthy Lifestyles has so much to offer – and it's at no additional cost. Learn more at myhealthylifestyles.com and begin to make a real difference in your life.

Sign up at
myhealthylifestyles.com



GET FIT | EAT HEALTHIER | LOSE WEIGHT | QUIT SMOKING | GET SUPPORT | EARN REWARDS

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