

CONNECT WITH A HEALTH COACH TODAY

Did you know that some people pay hundreds of dollars for a single session with a personal coach to help them lose weight or quit smoking? Fortunately, as an 1199SEIU member, you can take advantage of the Benefit Fund's **free** health-coaching program by calling (646) 473-8963.

If you're trying to lose weight, you know that making healthy changes can be a challenge. Your health coach will offer tips on eating a healthier diet and working more exercise into your life—to help you reduce your risk for Type 2 diabetes, hypertension and heart disease.



Want to kick the cigarette habit for good? There are plenty of reasons to do it: Twenty minutes after your final cigarette, your heart rate will start to drop. Two weeks later, your heart-attack risk will begin to drop, and your lung function will begin to improve. Your coach will help you schedule a quit date and help you manage your nicotine cravings.

So don't go it alone—call now!

**1199SEIU
Benefit Funds**

Protecting *Our* Health