



Start your well-being journey with a health coach.

Call 1 (855) 329-5461 today!

As an HMSA member, you get the personalized support of Hawaii-based health coaches over the phone at no cost. This confidential, voluntary program gives you access to coaches who are registered nurses, exercise physiologists, health educators, registered dietitians, or other health care professionals.

During 10-15 minute calls, a health coach can help you:

- **Set and achieve your health goals.**
- **Manage stress.**
- **Lose weight.**
- **Create a healthy eating plan.**
- **Find fun, simple fitness routines.**
- **Quit tobacco use.**

A health coach will call you to help you get started. Or, call **1 (855) 329-5461**, prompt 3, toll-free Monday through Friday, 8 a.m. – 7 p.m., and Saturday, 8 a.m. – 5 p.m., to talk to a health coach.



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