

# Reach your health goals

with the 24/7 support of Well-being Coach



When you're trying to live a healthy life, extra support can make all the difference. With Well-being Coach, you'll have 24/7 access to digital coaching for personalized guidance through text chat.



Lose weight



Quit tobacco



Eat healthier



Increase activity



Sleep better



Manage stress

## Coaching support includes:

- 24/7 access to a digital coach through text chat.
- Support for losing weight and keeping it off.
- Support for quitting tobacco before, during, and after establishing a quit date.
- Feedback on food choices, general nutrition, and meal planning.
- Activity tracking and recommendations.
- Help for well-being issues, such as mindfulness and sleep.

Well-being Coach is here to encourage and inspire as you change old habits and embrace a healthier life. It's available at no extra cost to you.

## Start today

Download the Sydney<sup>SM</sup> Health app from the App Store<sup>®</sup> or Google Play<sup>™</sup>.

Then tap the Sydney icon in the lower right corner and enter Well-being Coach.



Scan this code with your phone's camera to access digital coaching.



Well-being Coach digital coaching is powered by Lark. Lark is a digital coaching app accessible through Sydney Health. Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022

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