

Lifestyle and Condition Coaching: WEIGHT MANAGEMENT JOURNEY



Excess weight increases the risk for many chronic conditions, including diabetes and heart disease. Lifestyle changes can help **reduce the risk** dramatically.

67%
reduction in the risk of developing
type 2 diabetes¹

70%
reduction for subsequent
heart attacks¹

¹Patel R, Keyes D. Lifestyle Modification for Diabetes and Heart Disease Prevention. [Updated 2023 Jan 9]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Accessed June 23, 2023. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK585052/>

High-touch, multi-channel journeys

can help participants recognize the behaviors that make it difficult to keep a healthy weight. Using education, coaching and evidence-based recommendations, we can help them take charge of their health in the long term.



CONNECT

- **Identification** and enrollment
- **Wireless scale**
- **Registration** for weekly live, online group coaching classes



MOTIVATE

- **Live, online** group coaching classes led by experienced coaches for 22 weeks
- **One-to-one** telephonic coaching sessions periodically
- **In-person** support at specified intervals*



EMPOWER

- The member has **completed** the group coaching series.
- The member is prepared for **self-directed continued success**.

*Eligible members receive in-person support from providers at MinuteClinic® locations where available.



LEARN MORE

about how the Lifestyle and Condition Coaching program can be part of your members' journey to better health.

[ActiveHealth.com](https://www.ActiveHealth.com)



For your best health, we encourage you to have a relationship with a primary care physician or other doctor. Tell them about your visit to MinuteClinic, or MinuteClinic can send a summary of your visit directly to them.

Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

ActiveHealth Management and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic-branded walk-in clinics) are part of the CVS Health® family of companies.