



# Nutrition Coaching Can Help You Reach Your Wellness Goals

Meet with a nutritionist to get on the right track to a healthier lifestyle.

**Your Assistance Program is here to help.**

**If you are interested in learning more, reach out for support and resources:**

- Virtual Nutrition Coaching With a Credentialed Professional
- Personalized Support, Guidance, and Resources
- Online Tools, Tips and Resources on Your Member Portal

*This program is free, confidential, and open to eligible family members.*

Contact AllOne Health

Call: 800-227-6007

Visit: [www.myimpactsolution.com](http://www.myimpactsolution.com)

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HEALTH