

You don't make drastic lifestyle changes overnight, not if you want them to last. A Coach is someone who supports and encourages you as you make positive lifestyle changes. Coaching sessions are performed over the phone at a time convenient for YOUR schedule!



Changing behaviors that include increasing fruit & vegetable intake, increasing physical activity, & stopping use of tobacco products cumulatively is associated with a 12-year difference in terms of chronological age & life expectancy.

Call ICM today!

800-728-0327

or

The phone number on the back of your insurance card.



Individualized Care Management
PO Box 4447
Lafayette, IN 47903

Visit Us Online Today!
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"Exceeding Your Expectations"



LIFESTYLE MANAGEMENT COACHING

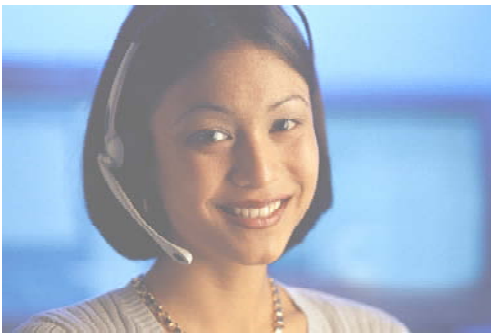
Exercise
Stress
Tobacco Cessation
Weight Loss



Offering you help and encouragement to make positive lifestyle changes in order to reach your optimum state of health.

Lifestyle Management Coaching: just what you've been looking for!

60% of American adults don't get the recommended level of physical activity. 43% of Americans suffer adverse health affects due to stress. 65% of our population is overweight or obese. One in five deaths are related to tobacco. No one will argue with these facts. We know what we SHOULD do...but claim we are too busy or too tired to change. What you really need is a Health Coach, someone to help you make positive behavior changes!



A Health Coach is an **encourager** who brings **insight**, an **extra push**, and **accountability** that

can take you from failure to success! Through scheduled phone calls you work **one-on-one** with **your** coach at a time that is convenient for you. Your coach will help you make **permanent, positive**, lifestyle changes in order to reach your optimum state of health.

Your employer is offering this program as a part of your health care package at **no cost to you**. This program is available for any employee or spouse covered under the health plan that utilizes ICM.

Are you ready to begin the journey to a healthier you?

Take your first step, call us today!



Are you ready for open and honest communication with your Coach?

Take your first step, call us today!