



*Free support available
to you through
Jefferson County*

Pack Health is a **digital health coaching service** that pairs you with a dedicated Health Advisor. Here's how it works:

WEEKLY COACHING CALLS

Your Health Advisor will answer your questions, keep you motivated, and help you set achievable weekly goals.

PERSONALIZED FOLLOW-UP

Your Health Advisor will provide tools, activities, and text message reminders to help you throughout the week.

CONCIERGE SERVICES

Your Health Advisor will connect you with free resources- from copay cards to personalized meal plans.

Whatever your health needs may be, we're here to support you on your journey.

Jefferson County is covering health coaching through Pack Health for Employees with the following diagnoses:

- Type 2 Diabetes
- Diabetes Prevention
- COPD
- High Blood Pressure
- High Cholesterol
- Rheumatoid Arthritis
- Congestive Heart Failure
- Weight Management



"Pack Health has helped me set realistic and obtainable goals... It's fun and simple and your Health Advisor actually cares."

Todd | Pack Health Member

Enroll online or give us a call:

www.packhealth.com/jeffco | (855) 255 - 2362

One-on-one support

covered by Jefferson County



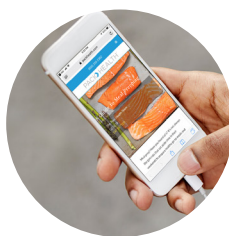
Pack Health pairs you with your own dedicated Health Advisor, who will help you regain control of your health.

How it works:



Weekly Coaching Calls

To answer questions, keep you motivated, and help you set achievable weekly goals.



Personalized Resources

Such as medication discounts, meal and exercise plans, grocery delivery services, and more!



Lasting Results

On average, our members gain confidence, lose weight, and save money with Pack Health.

Interested?



Getting started is easy.

When you enroll, you'll select your program and choose the time of the week that works best for you! Your needs, your schedule.



Keep an eye on your mail.

You'll receive a Welcome Pack in the next few days - it's full of resources to help you get started achieving your goals.



Get ready for your first call.

Your Health Advisor will be reaching out from a (205) area code.



**you set the goal,
we help you get there.**



**Complimentary
Welcome Pack**



**Weekly check-ins
with your Advisor**



**Reminders and
encouragement**



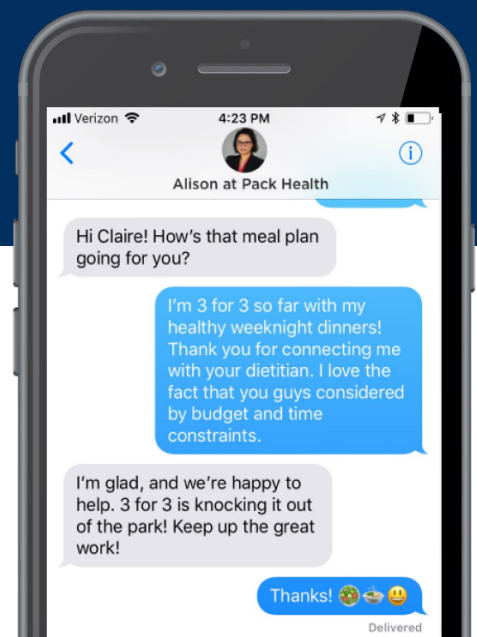
**All on your
schedule**

**Free health coaching from Pack Health
is now a covered benefit!**


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when it comes
to **health**, we
could all use a
little help from
time to time.

*health coaching is now
a covered benefit!*



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**All it takes is
20 minutes a week
to take back the
reins on your health.**

for free health coaching, give Pack Health a call:

(855) 255 - 2362