

Personalized health coaching at no cost to you

Introducing Priority Health Coaching from the NALC Health Benefit Plan. This program gives you personalized, one-on-one support to help you manage chronic conditions like diabetes, heart disease, high cholesterol, high blood pressure and more with confidence.

Your Priority Health coach can help you:

- + Learn about your condition in clear, simple terms
- + Build healthy habits with practical, real-life strategies
- + Stay on track with medications and preventive care
- + Find ways to reduce out-of-pocket costs
- + Stay motivated with regular check-ins and encouragement

Coaching sessions are convenient and flexible and available by phone, video or mobile app. No referral needed. Every conversation is private, judgment-free and focused on you.

Earn a \$50 health savings reward

High Option members who enroll in Priority Health Coaching and complete a goal receive a \$50 reward to use toward eligible medical expenses, an extra boost as you invest in your well-being.



Priority Health Coaching services are provided by Evernorth Workplace Care, a division of The Cigna Group.



A new route to better health starts here

With Priority Health Coaching, you get a dedicated care partner who helps you take the next step forward in managing your chronic condition. Appointments are available Monday through Friday, 9 a.m. to 8 p.m. ET.

Two convenient ways to schedule an appointment:

1. Call **877-220-NALC (6252)** to speak with a health advocate and get connected with a Priority Health coach
2. Access the scheduling website:
 - + Scan the QR code
 - + Select the **NALC PRIORITY HEALTH COACHING** tile
 - + Click on the appropriate time zone
 - + Choose a convenient day and time for your appointment



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