



# Weight loss is a journey. You'll get there faster with our help.

## It's all about you

Get paired with a Cleveland Clinic Coach (a real person!) who knows their stuff and will give you the extra boost you need to take your weight loss to the next level. Your coach will communicate with you directly via email, getting to know you, your schedule, your lifestyle, and your habits.

## What can I expect?

- A dedicated health coach that you can email when it's convenient for you
- Personalized feedback and motivation to keep you on track
- Guidance on everything from grocery shopping lists, pantry clean-up, and exercise recommendations

[www.ClevelandClinicWellness.com/MyCoach](http://www.ClevelandClinicWellness.com/MyCoach)

Must be an EHP plan member, at least eighteen years of age,  
and not currently enrolled in any other weight management program.