

# WILL U JOIN TODAY?

## GRAND TRAVERSE COUNTY WELLNESS PROGRAM

The Grand Traverse County Health & Wellness Program, administered by Marquee Health, offers confidential and professional coaching and referral services for physical activity, nutrition, weight management, smoking and tobacco cessation, stress management, sleep hygiene, heart health, finance management, healthy family habits, diabetes, general health and prevention, cancer resistance and prenatal wellness.

To enroll in coaching, contact a Health Coach at **800-882-2109** or email [coaching@marqueehhealth.com](mailto:coaching@marqueehhealth.com).

### WHAT WILL I LEARN THROUGH MARQUEE HEALTH?

Unlimited telephonic health coaching is at the core of your Marquee Health program. Health coaching through Marquee Health is based on a holistic, mind-body approach that views good health as a balance of physical, financial, and emotional well-being. Our Health Educators will work with you to develop a personal action plan that includes: discussing your current health and wellness interests; assisting you in developing a tailored wellness plan, based on your individual health goals; providing you with educational materials and guidance to support your wellness plan; and offering ongoing support and resources to help you achieve your goals.

In addition to telephonic health coaching, a wide array of resources are available to you on the Marquee Health website. Through this site, you will have access to:

- Health Improvement Programs
- Wellness Tip Sheets
- Food Trackers
- Personal Health Assessments
- Interactive Wellness Videos
- Recipes
- Health Encyclopedias
- Wellness Challenges
- Monthly Live Webinars
- Video or Web Chat Consultation

**PHONE** 800.882.2109

**WEB** [MYMARQUEEHEALTH.COM](http://MYMARQUEEHEALTH.COM)

**EMAIL** [COACHING@MARQUEEHEALTH.COM](mailto:COACHING@MARQUEEHEALTH.COM)



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