



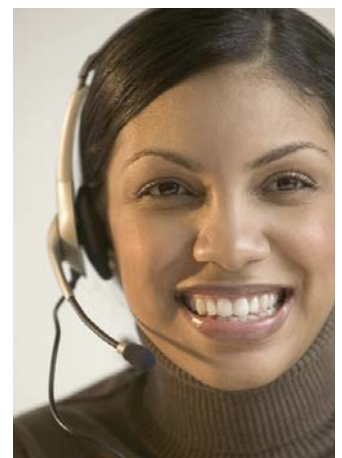
## Are you eating right? The Healthy Living Solutions program can help.

You make hundreds of food choices each day. You may wonder if the foods you are eating are really what your body needs to stay healthy. Through the Healthy Living Solutions program you can talk to a specially trained Health Coach, such as a nurse or dietician, who can help you create a plan to improve your eating habits and answer any healthy eating questions you may have. You can talk to a Health Coach anytime day or night by calling [1-000-000-0000]. There is no cost to use this service and you can call as often as you like.

### A Health Coach will help you:

- Create a healthy eating plan that works for you and your family.
- Learn how eating certain foods can help prevent disease.
- Find ways to include healthy ingredients into your recipes.

To learn more, call your Health Coach today at [1-000-000-0000]. You can also create a personalized healthy eating plan online using the HealthMedia® Nourish™ program. To access this and other healthy living support programs, visit our website at [website].



[Program Logo  
or Name]

**1-000-000-0000**  
[website]

[Insert Plan Logo]