

your

# FUTURE SELF

will thank you

## WORK ON YOUR WELL-BEING GOALS.

Whether you want to ramp up your activity level, dial down your stress or work on a personal goal, you have activities and resources to help!

- » **GET STARTED WITH THE DAILY DASH:** Participate in five-minute, mini challenges to help build healthy habits to move more, eat well, stress less and sleep tight. With small, attainable goals, you can dash your way to improved well-being.
- » **ACHIEVE YOUR GOALS WITH SELF-DIRECTED COACHING:** StayWell's online, do-it-yourself coaching program helps you set a health goal, identify the challenges you'll face as you work toward that goal and figure out how to overcome the hurdles along the way.
- » **TALK TO AN EXPERT HEALTH COACH:** With the support of your coach, you'll develop an action plan tailored specifically to you. You can talk with a coach by phone as often as you need. Typically, people connect with their coach about once a month for 15 minutes.
- » **DO IT YOURSELF WITH THE RESOURCES AVAILABLE ON [SEGIP.STAYWELL.COM](http://segip.staywell.com):** Access interactive tools, articles, videos, digital workshops, recipes, exercise ideas and more.



### DOWNLOAD THE NEW STAYWELL MOBILE APP

Get quick, easy access to tools and resources to give your well-being a boost.

**Company Code:**  
**din8**



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Visit **[segip.staywell.com](http://segip.staywell.com)** to get started.



**Questions?** Call 855.428.6320

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