



With all the talk about rising healthcare costs, you'd think more of us would do the one thing proven to reduce them – take better care of ourselves.

Americans could save billions on healthcare with just a few habit changes. The trouble is knowing where to start. That's why Altius Health Plans offers CoventryWellBeingSM – the most integrated healthcare program in the industry. It's a great online service where members can find:

- Customized wellness plans
- Online training coaches
- Answers to health-related questions
- Personalized exercise programs
- Stress management and relaxation tools
- And much more – all at no additional cost

We provide this valuable resource as part of our commitment to keeping members healthy. And, to holding health care costs down – for all of us.



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