

# set yourself up for success this year



healthy changes  
everything.®

## make attainable goals for better health

Leading a healthy lifestyle doesn't happen overnight. For long-term success, slow and steady wins the race. From simple changes to your eating habits, to gradually increasing your physical activity, we can help you reach your goals. **To get started, contact a health coach at 1-877-878-8785 (option 2).**



**BlueShield**  
of Northeastern New York

