

MRxNavigate

Work with a personal health coach today!

Your personal health coach is available to guide you in setting and meeting your health goals. Health coaching is provided to you free of charge, as part of your plan!

How does it work?

- ✓ Get current research and health tips.
- ✓ Discover what is most important to you, and ways to achieve it.
- ✓ Be motivated, held accountable, and reminded of your personal goals.

Talk with a health coach, better understand your own health, feel empowered, and be supported by experts who know health.

Get started today!



1-855-586-2568



wellness@magellanhealth.com



Eat Well



Be Active



Sleep Better



Quit Tobacco



**Be Resilient
to Stress**