



Wisconsin Laborers Reasonable Alternative Coaching Program

Enroll By January 31, 2027

If you haven't met the Healthy Outcomes Criteria, you can complete **up to 4 coaching sessions** to qualify for the full \$300 gift card incentive. Start coaching by **January 31, 2027**, and finish the required sessions by **March 31, 2027**.

To Enroll in Coaching:

Call 800.882.2109, or reach out to us via email at coaching@marqueehealth.com. Our team will promptly respond to find the perfect Health Coach match.

What Will I Learn Through Health Coaching?

- Understanding your screening numbers and health risks
- Dietary recommendations for preventing/managing hypertension and diabetes
- Stress management techniques
- Nutritional strategies to manage blood pressure, cholesterol and glucose
- Benefits of maintaining a healthy weight
- Tips to implement a personal exercise routine
- Creating a tobacco 'quit plan'

