



Our Wellness Program is dedicated to helping you thrive.

We make caring for your health easier than ever.

- **Get your own customized care plan from a health coach.**
We can help you lose weight, eat healthier, or manage a health condition. We'll support you on changes to your activity pattern, nutrition, sleep habits, and stress management skills.
- **We'll help you achieve your health goals.**
We even have a Care Management team to give you extra support if you have a health condition or were recently hospitalized. We'll put you in touch with resources for transportation, housing, nutritious food, and other things that help you to stay healthy.
- **You have access to Centers of Excellence, too.**
You'll have access to Memorial Sloan Kettering Cancer Center for cancer care and Hospital for Special Surgery (HSS) for orthopedics. These hospitals and doctors are nationally recognized for their high-quality, patient-focused care.*



Twenty \$250 drawing winners each month.

By keeping up healthy habits, you can earn a chance at a \$250 gift card each month through our Wellness Program Rewards Drawing.

At no additional cost to you, you can get one-on-one guidance from a trained health coach. Just because you're enrolled in the **HMO Preferred Plan for City of New York employees.**

Reach out to us today!
Achieve your healthiest self.

Call the Gold Line at 833-CNY-GOLD (833-269-4653) (TTY: 711)

Monday to Friday, 8 am to 8 pm,
and Saturday, 8 am to 1 pm.

Go to emblemhealth.com/wellness.
Click on *Get Started* and sign in to your member portal.



*Source: U.S. News & World Report

EmblemHealth insurance plans are underwritten by EmblemHealth Plan, Inc., Health Insurance Plan of Greater New York (HIP) and EmblemHealth Insurance Company.

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