



Alaska Electrical Trust Funds

PENSION FUND – HEALTH AND WELFARE FUND – LEGAL FUND
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January 2021

Re: Alaska Electrical Health & Welfare Fund
HealthFitness

Dear Participant:

The Alaska Electrical Health & Welfare Fund has partnered with HealthFitness to provide you with a Health Coach.

The attached flyer explains the benefits available through HealthFitness.

Contact HealthFitness to take full advantage of these services. If you have any questions, please contact the Administrative Office. Thank you.

Sincerely

A handwritten signature in blue ink that reads "Gregory R. Stokes".

Gregory R. Stokes
Administrator

GRS:lm
Enclosure

HEALTH COACHING: *Personal guidance where and when you need it*



Make a commitment to your health — with a coach.

Looking for ways to improve both your physical health and mental wellbeing? A health coach can help! Receive the guidance you need to support your physical, financial, social and emotional wellbeing goals.

With a tailored and achievable approach that fits your lifestyle, your health coach will work with you to create a personal action plan. You'll set realistic goals and be held accountable without judgment.

Your coach can help you:

- Make healthier food choices
- Increase physical activity
- Prepare for tobacco cessation
- Manage stress
- Reduce risks associated with diabetes, high blood pressure and high cholesterol
- Prepare for medical appointments and offer support between visits

Multiple ways to engage

How you interact with your coach is up to you. Choose digital coaching with expert support via live chat, talk with a coach one-on-one, or do both. All options are available through a mobile app.

Get started — visit <https://us.mywell.site/hfit/AlaskaElectrical> or call (877) 290-9992 to enroll today.



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