

START TODAY!

Start your journey to a longer, healthier life!

HYPERTENSION MANAGEMENT HEALTH COACHING AT NO COST TO YOU!

At Allied National, we've partnered with GEMCORE to offer you NO-CHARGE health coaching for blood pressure management.

GEMCORE is a health and wellness company focused on helping you manage your health and reach your goals through coaching, diet and exercise.



UPON ENROLLING

Once enrolled in our Hypertension Management Program, you will receive **ONE-ON-ONE** health coaching from one of our Registered Dietitians and a FREE blood pressure cuff. Your dietitian will work with you each month, providing education and motivation to help you reach your goals.

ENROLL TODAY!

There are three options to enroll for your convenience:

- 01 **ONLINE**
Visit our website at:
www.gemcorehealth.com/allied
- 02 **CALL US**
1.888.423.5220
- 03 **ALLIED CONNECT**
Visit Allied Member Connect



Receive one-on-one health coaching, meal plans and more to help achieve your blood pressure goals.



Together, we will establish a personalized blood pressure management plan that fits your lifestyle.



Receive a FREE blood pressure cuff while enrolled in our Hypertension Management Program*

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*To receive the FREE blood pressure cuff certain qualifying factors must be met or agreed to.