



Allied HealthCare Assistant

START TODAY!

Start your journey to a longer, healthier life!

WEIGHT MANAGEMENT HEALTH COACHING AT NO COST TO YOU!

At Allied National, we've partnered with GEMCORE to offer you NO-CHARGE health coaching for weight 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 weight management program, you will receive **ONE-ON-ONE** health coaching from one of our Registered Dietitians. They will work with you each month, providing scientific-based 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

02

ALLIED CONNECT

Visit Allied Member Connect



Speak with one of our Registered Dietitians (RD) about your current lifestyle and goals



Establish a personalized weight management plan that fits your lifestyle



Receive one-on-one health coaching, meal plans and more to help achieve your weight loss goals

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Members enrolled in the Weight Management Program may qualify for a free scale.

GEMCORE
A FAMILY OF COMPANIES



EHCS
Edwards Health Care Services

GEMCO
MEDICAL

GEMCARE
WELLNESS

GEM Rx
Edwards Pharmacy