

### 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.

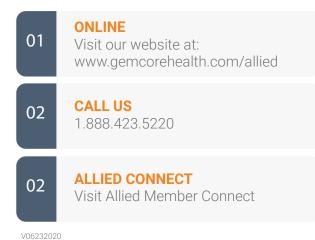


#### **UPON ENROLLING**

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:





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

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

## GENCORE A FAMILY OF COMPANIES

EHCS GEMCO MEDICAL CONCERNENCE GEM CONCERNENCE