

SURVEY SAYS... PARTICIPATE FOR YOUR CHANCE @ \$100!



UMR health coaching is a benefit sponsored by Arch Diocese of New Orleans, at no cost to you.

Reward cards are available for employees or spouses who sign up and complete 3 calls with their coach.

Don't miss out on your chance to receive \$100. It's your reward for signing up to work with a personal coach who is trained to help you manage the challenges of living with one of these chronic conditions:

- Diabetes (types I and II)
- Asthma
- Hypertension (high blood pressure)
- Coronary artery disease
- Chronic obstructive pulmonary disease (COPD)
- Depression (when occurring with one of the other listed conditions)
- Heart failure

[Click here to get started!](#) Sign up now by telling us a bit about yourself and the best way to reach you

Or, call us at **866-575-2540** to enroll.

**to qualify for your reward card,
Enroll on or before June 15, 2019.**

