Reach those health goals with Hally health.



Get the extra boost you need with help from your personal Hally health coach.

Making a plan and staying on track can be tough. Hally® health coaches are here to support and encourage you on your health journey. Our health coaching team consists of trained professionals, such as registered dietitians, certified personal trainers, health educators and nurses, who'll help guide you in making positive health changes.

Health coaches can help you:

- Set and reach your health and wellness goals.
- Understand and manage your health challenges.
- Improve nutrition and activity levels.
- Get motivated and stick to your goals.
- Find great tools and resources.

Hally health coaching is a free, built-in part of your health plan, simply waiting for you to use. Call us at (217) 902-8947, or toll free at (800) 851-3379, Ext. 28947, to get set up with a health coach today!

This service isn't a replacement for care from your doctors, nurses or other healthcare providers.

hally®