

LIFESTYLE COACHING

NO COST PROGRAM FOR ALL EMPLOYEES ENROLLED IN A MEDICAL PLAN

LIFE CAN GET SO BUSY...

That sometimes it's easy to lose sight of our personal health goals. Having extra support and encouragement can make a difference in actually achieving those goals. As part of your wellness program, you have access to Lifestyle Coaching through Sharecare.

- Lifestyle Coaching is available to you at no additional cost.
- Coaches are highly trained, qualified experts with backgrounds in nutrition, psychology, public health, and more.
- Phone calls are 20 minutes or less, and occur every 4 to 6 weeks.
- Coaches can help you with goal setting, problem solving, and accountability.
- **Completing at least three coaching calls each year may satisfy the removal of the Nicotine or Cholesterol surcharges from your Knight Transportation payroll.** If your spouse is enrolled in a medical plan and did not meet the biometric requirements, they too must complete at least three coaching calls to satisfy removal of the surcharges.

Surcharges will be removed upon receipt of confirmed completion from provider. Please note this may take up to 30 days.. Please refer to page 9.

YOUR LIFESTYLE COACH CAN:



SUPPORT YOUR WEIGHT LOSS GOALS



CHALLENGE YOU TO BE MORE ACTIVE



HELP YOU FIND HEALTHY WAYS TO COPE WITH STRESS



CREATE A PLAN TO HELP YOU EAT HEALTHIER



ENCOURAGE YOUR EFFORTS TO QUIT USING TOBACCO



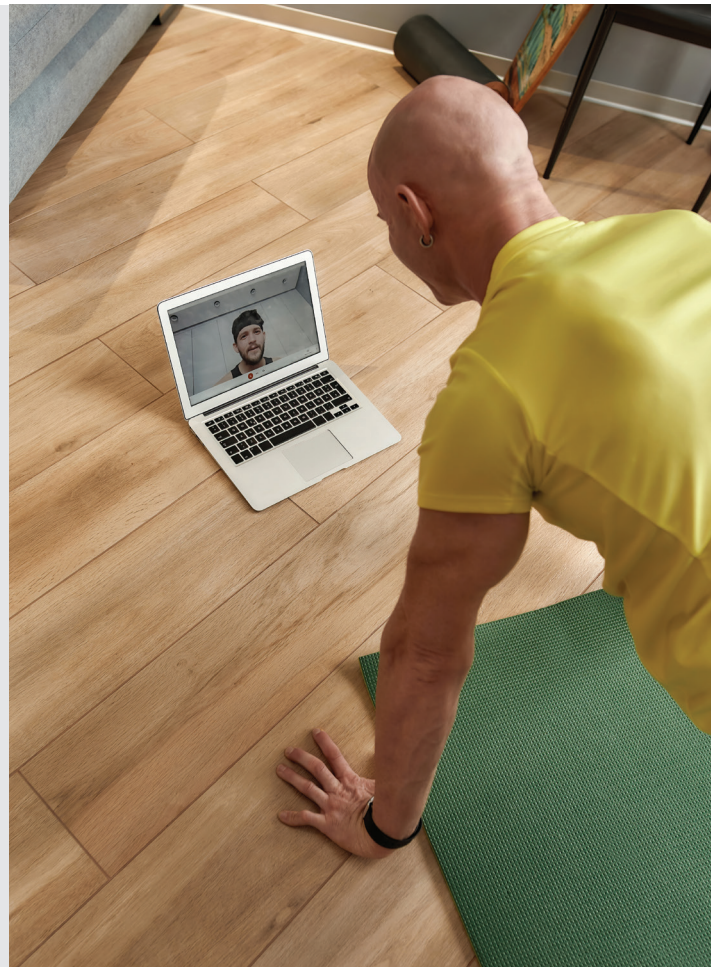
HELP YOU SET REALISTIC GOALS



SHARE HEALTH TIPS AND TOOLS



HELP YOU STAY MOTIVATED



GET STARTED WITH YOUR LIFESTYLE COACH TODAY

- Log in to the app, use the QR code below, or go to azblue.sharecare.com
- Click **Achieve** – then choose **Coaching**
- Answer the enrollment questions
- Click to schedule your first call



1.877.292.1359