

# Well-being Coaching: Your Path to Better Health & Rewards!

Your health. Your coach.  
Your rewards.

Earn up to 240 Points + Win Prizes with  
**Be Well SHBP® Well-being Coaching!**

## Why coaching?

- Personalized support from certified experts
- Help with stress, nutrition, weight, fitness, quitting tobacco, and more
- Flexible scheduling—your pace, your goals

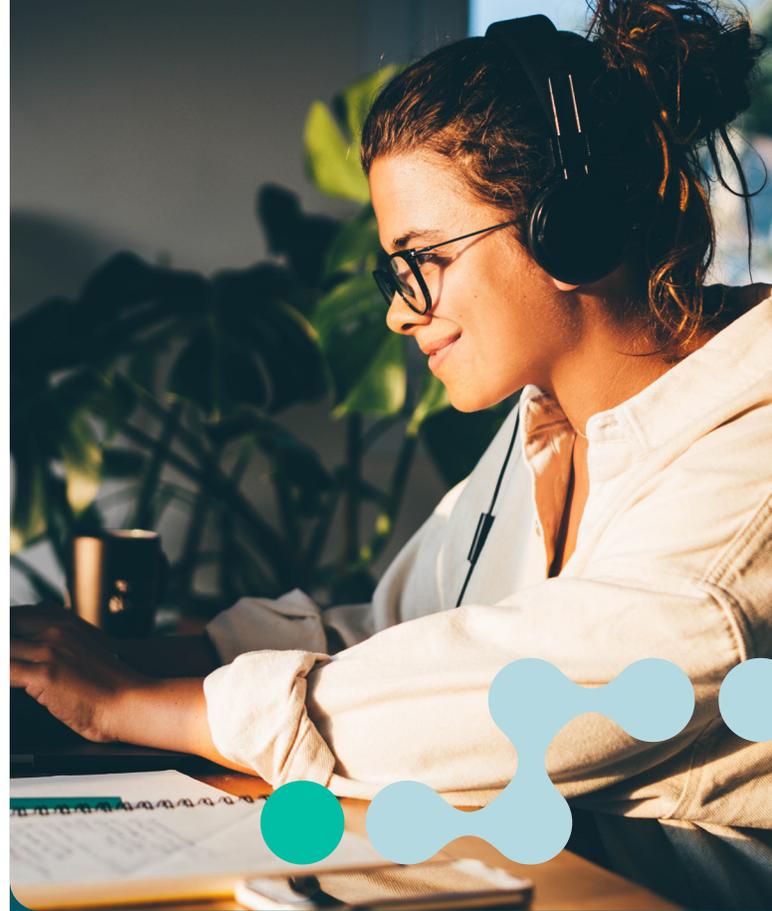
## How it works:

- Complete 1 session/month = **30 points**
- Up to **8 sessions = 240 points**
- Complete 4 sessions during the first half of the year (Jan–May) and another 4 in the second half (Jun–Nov)

*\*Unlimited sessions allowed, but only 1 per month earns points*

## Bonus! Coaching sweepstakes

- **Promotional Period:** March 1st - November 30th
- **March until October:** 20 winners/month get a **\$25 Amazon gift card**
- **Grand Prize:** 50 winners choose a **\$250 gift card** (Amazon, Visa, Target, Walmart, or Costco)



Get help with



Managing stress



Eating healthier



Focusing on fitness



Quitting tobacco



Start today at [BeWellSHBP.com](https://www.BeWellSHBP.com)  
or scan the QR code to schedule your first session!