



WILL U JOIN TODAY?

MANNA DEVELOPMENT GROUP WELLNESS PROGRAM

The Manna Development Group Health and Wellness Program, administered by Marquee Health, offers confidential and professional coaching services for:

- Physical Activity
- Nutrition
- Weight Management
- Smoking & Tobacco Cessation
- Stress Management
- Sleep Hygiene
- Heart Health
- Finance Management
- Health Family Habits
- Diabetes
- General Health and Prevention
- Cancer Resistance
- Prenatal Wellness

HOW TO GET STARTED

Starting **November 1, 2020**, employees and benefit-eligible spouses can connect with Marquee Health in three ways:

- **Call** Marquee Health at **1.800.882.2109**
- **Email** a Marquee Health Coach at **coaching@marqueehealth.com**
- **Web** login to **marqueewell.com**. New users will select 'Click Here to Register' and enter the code '**manna**' to create a profile

WHAT WILL I LEARN THROUGH MARQUEE HEALTH?

Unlimited telephonic health coaching is at the core of every Marquee Health program. Health coaching through Marquee Health is based on a holistic, mind-body approach that views good health as a balance of physical, financial, and emotional well-being. Our Health Educators will work with you to develop a personal action plan that includes: discussing your current health and wellness interests, assisting you in developing a tailored wellness plan, providing you with educational materials and guidance to support your wellness plan, and offering ongoing support and resources to help you achieve your goals.

In addition to telephonic health coaching, a wide array of resources are available to you on the Marquee Health website. Through this site you will have access to:

- **HEALTH IMPROVEMENT PROGRAMS**
- **WELLNESS TIP SHEETS**
- **MONTHLY NEWSLETTERS**
- **PERSONAL HEALTH ASSESSMENTS**
- **ON-DEMAND WELLNESS VIDEOS**
- **ONLINE COACHING MODULES**
- **WELLBEING PLACE BLOG**
- **WELLNESS CHALLENGES**
- **MONTHLY LIVE WEBINARS**
- **VIDEO OR WEB CHAT CONSULTATION**