

# Life is busy.

## STAYING HEALTHY SHOULD NOT BE A CHALLENGE.

That's why Montana Association of Counties (MACo) has teamed up with Healthy Is Wellness to bring you a wellness program like no other on the market!

## We simplify & personalize wellness.



### MONTHLY CHECK-INS

Convenience is key, so we come to you every month.

### INDIVIDUALIZED COACHING

Meet one-on-one with our certified wellness coaches.

### MEDICAL GRADE FEEDBACK

Complete body composition data in less than one minute.

## Benefits for MACo employees:

- **There are no costs to you**, and your family members are always invited to join for free!
- Healthy Is Wellness certified coaches will come **to your workplace monthly**.
- Our coaches will help you set goals, give feedback and insights on your progress, and **personalize your plan** to help you reach your goals.
- Access to **state-of-the-art technology** (The same technology used by NASA and many professional sports teams!) to see how your body composition is changing each month.
- Access to the **brand new Healthy Is Wellness app**.

## Take control of your health today!

SCAN THE QR CODE TO SIGN UP!

