

Lifestyle improvement programs right in your neighborhood...

Wellness Where You LiveSM

Preventive Health Alliance



Building better bones at any age...

HOPESM Osteoporosis Prevention and Education

Develop stronger bones for a lifetime! This take-action lifestyle improvement program focuses on making healthy choices to improve bone health and prevent or manage osteoporosis.



Let go of stress, take hold of life...

Discover Relaxation WithinSM I and II

Learn to manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, to visualization, to progressive muscle relaxation and humor therapy, you'll acquire effective tools to deal with stress.



A perfect fit...

Personal Nutrition CoachingSM

A one-on-one counseling service with a registered dietitian helps you to make healthy lifestyle and nutrition choices to address weight management, heart health or diabetes.



Choose less. Live more...

Drop 10 in 10[®]

Make the commitment and discover how to lighten your life with **Drop 10 in 10**. This innovative weight management program shows you how to add a healthy balance to your life with the power of ten. **Program materials fee applies for this program.**



Better living...not dieting...

Eat Well for LifeSM I and II

Discover easy meal planning tools, smart shopping strategies, healthy ways to cook great-tasting foods and the connection between mood and food. Acquire a new taste for better eating and wellness to last a lifetime.



Serving up better health through education...

Health on the MenuSM

Health on the Menu is a series of one-hour wellness workshops that promote healthy lifestyles and taking an active role in your own health.

Call the Preventive Health Alliance for a location near you.

1-800-879-2217



An Independent Licensee of the Blue Cross and Blue Shield Association

**There is no fee for Highmark members to participate in this program.
There is a nominal fee for non-Highmark members to participate.**