

# When you're ready for change...

WebMD Health Coaches are trained professionals who can make a difference in every part of your life.

Every coach you work with through the AECOM U.S. Well-Being program holds a degree in a health-related field and many are certified as dietitians, personal trainers, stress specialists and more. If you agree with any of the statements below, health coaching is for you! Call today! 1-800-493-5980 Option 2. Or visit [www.webmdhealth.com/aecom/](http://www.webmdhealth.com/aecom/).



## Schedule a session

Health coaching is free, convenient and confidential. Schedule a session to speak with a coach or use Coach Connect online or through WebMD's Wellness at Your Side app to message a coach.

## Coaching is rewarding

Earn 20 well-being points per session per month (up to 60 points) for completing a WebMD Coaching Session. **New this year!** Complete 4 coaching sessions with a WebMD Health Coach by August 30, 2024 to earn a \$75 gift card.