



A Call to Change ... Balancing Stress for Healthy Living®

Relax ... take control of your stress. Help is just a phone call away! To help you take the first step toward managing stress, we offer you *A Call to Change ... Balancing Stress for Healthy Living®*.

The course is designed to help you manage stress and improve your overall health. Working one-on-one — at your own pace — you will learn to:

- ✓ Identify your personal stressors
- ✓ Develop relaxation techniques
- ✓ Develop new coping skills
- ✓ Adopt healthy lifestyle habits

Here's how it works:

- ◆ You'll talk one-to-one with a health educator during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to manage your stress.

All phone courses require an enrollment fee — HealthPartners members receive a discount. For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.