



Your health. Your partner.SM

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.

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.