

Gold Coast Health Plan is partnering with HabitNu!

FREE Health Program for Eligible Gold Coast Health Plan Members

Whether you're looking to lose weight, lower your risk for diabetes, or feel healthier and more energized, HabitNu can help you build healthy habits that last.

You will get:

- Tips and tools to help you eat well and stay active
- A wireless scale and activity tracker delivered to your door
- A supportive community to help you stay motivated
- Program available in English and Spanish

If you have any questions, call Gold Coast Health Plan (GCHP) Health Education Department at **1-805-437-5961**, Monday through Friday, 8 a.m. to 5 p.m. (except some holidays). If you use a TTY, call **711**. For more information, visit www.goldcoasthealthplan.org.

Ready to Get Started?



Scan the QR code to check your eligibility in 2 minutes or less!