

You Can Choose to Enjoy a Healthier Life. Today's the Day.



Improving
your well-being
just got easier.

**Healthways Wellness
Program
Health Coaching**

"I feel like I'm getting the support I've been wanting."

How This Program Helps You

A health coaching team will show you how to set and reach realistic goals that revolve around your busy schedule, ensuring the best possible chance of success.

As your life changes, your health goals may change too. Together with a Health Coach, you can adjust your goals to best fit your changing needs.

You can get support for:

- High cholesterol
- Hypertension
- Physical inactivity
- Poor diet
- Stress management
- Tobacco use
- Weight management

Your Privacy Is Protected

Healthways protects the confidentiality of your information, in compliance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, which prohibits anyone from receiving your personal health information without your permission. Healthways may provide BMC Software with collective data about its population as a whole, but not any individual health information unless you consent to provide. Healthways does not sell your information and is not a telemarketing service.

Getting Started

If you are eligible to participate, you may be receiving a call from a Health Coach. You can also get started today by calling **1-866-336-8226**.

Discover How a Little Help Goes a Long Way

The Healthways Wellness Program Health Coaching helps you find opportunities to improve well-being in your daily life. Whatever your health and well-being goals are, *the Healthways Wellness Program* Health Coaching can help you reach them. This phone-based program provides personalized support that can lead you to better health and a better you.

BMC Software has partnered with Healthways, a leading provider of well-being improvement solutions, to ensure you receive the highest quality care possible. The program is confidential, voluntary, and offered at no cost to those employees enrolled in a medical plan, their spouses or domestic partners and their covered dependents over the age of 18. You decide if you want to participate and how involved you want to be.

The phone-based program provides personalized support that can help you:

- Better understand your health risks
- Get answers to your health questions
- Find support to gain more control over your health
- Set goals to reach your healthy best

The Type of Support You Receive

- **Personalized Counseling.** A trained Health Coach will review your health status, provide answers to your questions, discuss your risks, and suggest possible lifestyle changes, while providing support based on your unique needs.
- **Educational Materials.** Based on conversations between you and a Health Coach, you could receive additional information to help you better understand current or potential health risks.
- **Support and Encouragement.** A Health Coach will be in touch to help you set or adjust your goals, track your progress, and encourage you along the way.
- **Online Tools.** You also have access to well-being tools and services at www.mybmcwellness.com, where you will have access to nutrition and fitness tracking tools, a library of healthy articles and recipes and more.

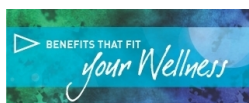
Who Is Healthways?

For over 30 years, Healthways has inspired more than 38 million people worldwide to achieve their personal best. By using proven health support techniques, quality medical information, and caring health professionals, the Healthways team meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

Healthways Wellness Program • www.mybmcwellness.com • 1-866-336-8226



HEALTHWAYS



You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

