

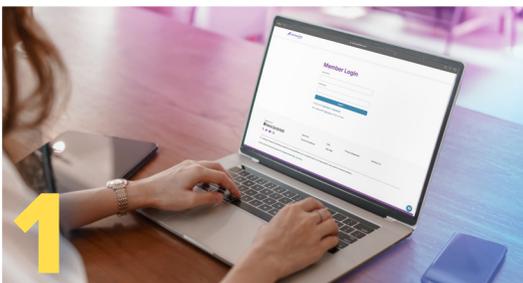
1:1 Well-Being Coaching

Included in Your Membership for No Additional Cost

Wherever you are on your health journey, the Active&Fit Direct™ program is here to help. Our well-being coaches work with you to **set healthy goals that lead to lasting lifestyle changes** and offer support along the way. You'll also get access to the Active&Fit Direct Resource Library, where you can find healthy living articles and self-care tools to support your coaching sessions and keep your goals on track.

Start a Fitness Routine | Eat Healthier | Lose Weight | Manage Stress | Sleep Better

How to Get Started



Enroll in the Active&Fit Direct program through your company website link.



Log in and call the phone number at the bottom of your Dashboard to schedule a session.



Enjoy virtual sessions with your coach at your pace.

Learn More: Login to your private member portal at www.ProminenceMember.com