



Your Journey to More Good Years!

JUMPSTART YOUR JOURNEY

Join a Workshop: Begin with the **Power 9® Jumpstart Workshop** to unlock simple, actionable steps to living better, longer.

PROVIDER-LED CARE PLAN

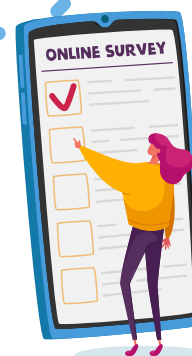


PERSONAL PLEDGE & COMMUNITY CONNECTION



CREATE YOUR HEALTHY HABITS BLUEPRINT

- Take the **survey** to **identify your focus areas**—Eat Wisely, Move Naturally, Connect, or Right Outlook.
- A personalized Healthy Habits Blueprint based on your goals and lifestyle.



PARTNER WITH YOUR PCP

Work with your primary care provider to create a clinical care plan tailored to your medical needs.

- Regular check-ins to support your health goals.
- **Address chronic conditions** and proactive care.



TAKE ACTION WITH YOUR COACH

- Work with your **Blue Zones™ Health Coach** to put your plan into action.
- Weekly motivation and accountability to keep you on track.
- Small, achievable steps toward building lifelong habits.



BRING BLUE ZONES® TO YOUR HOME

Experience an **in-home well-being visit** led by expert providers.

- Transform your home into a supportive space for healthier living.
- Tips for creating a stress-free, longevity-focused environment.



JOIN THE COMMUNITY

- Engage in **coach-led group** sessions and community events.
- Build meaningful connections and grow alongside others on the same journey.
- Celebrate progress together in a supportive environment.



BRING IT ALL TOGETHER

- Stay connected to both paths through your **Personalized Care Plan** and your community network.
- Track your progress with the **Blue Zones Health App** and celebrate every milestone.

We're so happy you've embarked on this journey to better health. If you have questions along the way, reach out to your Primary Care office or for Member Services call **1-833-LIV-BLUE**.