



nuuaria 

KNOW WHAT TO DO TO BE HEALTHY... *JUST NOT DOING IT?*



NUUARIA PROGRAM

- RESOURCES: Unique Habit and Behavior Course Curriculum & Masterclasses
- SUPPORT: Group, Office Hours and More
- ACCOUNTABILITY: Dietitian health coaching and Nuuarial coach sessions

ELIGIBILITY

1. AzMT medical benefit plan member: Employee or Spouse
2. Participated in the 2018 Health Risk Assessment

COST SHARE

Total cost of the program is \$1,600; Participants are responsible for a \$300 co-payment (monthly payment options available).

WEIGHT MANAGEMENT, HABIT & BEHAVIOR CHANGE PROGRAM!

***Interested members must apply to participate and will undergo an intake interview. Up to 25 members who are ready for change will be selected to participate.

Learn more at azmt.org/azmt-wellness/

Email Nuuarial to Apply By October 15th at Hello@Nuuarial.com

Questions? Email your Wellness Consultant at AzMT@ecollinsandassociates.com