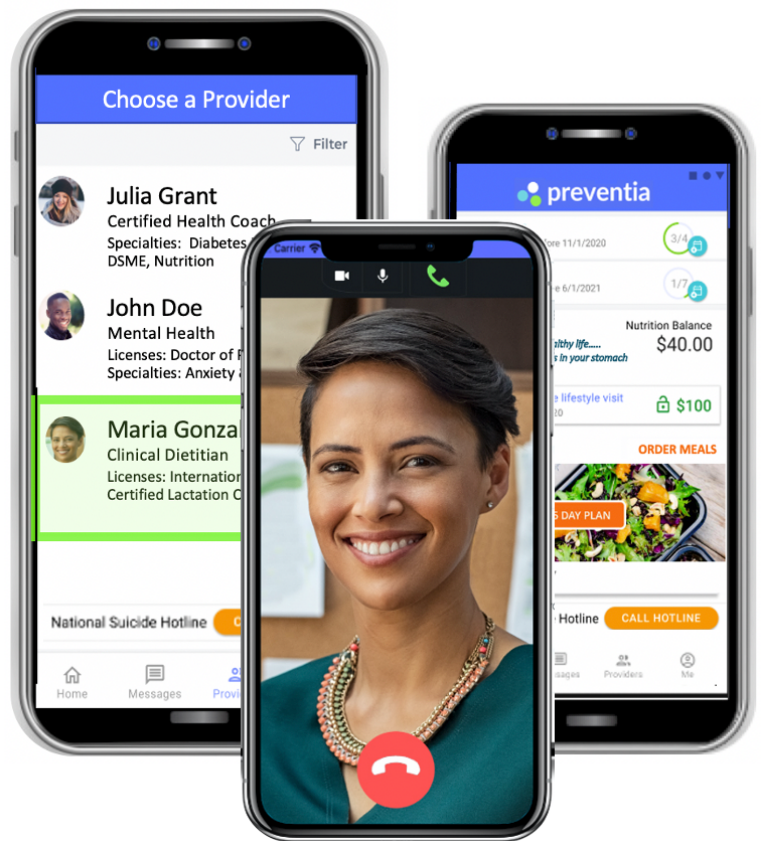




- Preventia's lifestyle-based coaches are credentialed wellness experts that work alongside people to help mindset and behavior changes to support healthier lives.
- This personalized approach is a great complement to other benefits offered such as Employee Assistance Programs.



**Coaching Programs have shown to improve wellbeing and reduce overall personal healthcare costs by creating healthier habits and preventing or better managing disease.**



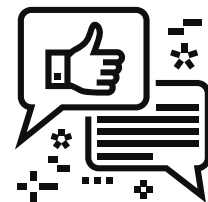
### CARE

- Health Coaches
- Registered Dietitians
- Mental & Behavioral Health
- Recovery Coaches
- Women's Health



### COACH

- HIPPA Compliant Platform
- Chose your provider
- Schedule an appointment
- Have a virtual visit
- Set Goals & Get Healthy!



### CONNECT

- Interact with your provider between appointments via secure chat feature

**Preventia empowers engagement in healthier living, on your time and terms, and with personalized care from your very own coach!**



Aim Medical Trust participant employees receive four (4) Preventia telehealth visits per year at no member cost! For questions regarding eligibility, contact Audrie Simison, [asimison@aimindiana.org](mailto:asimison@aimindiana.org).