



A smart way to live healthy

A path to health that works for you

What's your health goal? Our Digital Coaching tools can help you achieve it. You can work on being more active, losing weight, eating better and much more. Daily activities will help keep you moving forward.

Get help with things like:

- Healthy Eating
- Physical Activity
- Losing Weight
- Stress Management
- Improving Sleep Habits
- Managing Chronic Conditions
- And so much more!



Digital Coaching provides:

- Self-paced learning
- Fun games, quizzes, and video
- Small bits of helpful information
- Access to group coaching classes

Ready? To get started, log on to myTrustmarkBenefits.com and click the myHealthCenter tab.