



Teamsters Benefit Trust has hired HMC Companies to provide the **TBT Healthy Lifestyles Program**. Eligible members and/or their spouse can enroll in a variety of programs to guide them towards a healthier life. This program is **FREE** and confidential. No information will be shared with anyone.



The Wellness Program offers guided sessions online or by telephone with HMC's Health Coaches. Below are the lifestyle modules you can choose from:

- Weight
- Stress
- Heart Health
- Healthy Eating
- Exercise
- Quit Smoking
- Diabetes Education



The Health Education Program offers assistance from our Health Educators, who will support you and/or your spouse, who might have one or more of the following health conditions:

- Cardiac At-Risk (including hyperlipidemia and hypertension)
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Diabetes
- Asthma
- Low Back



Where do I start? The program starts May 1, 2012, but phone lines will be open two weeks prior to answer any of your questions.

Call: 1-855-888-2144 OR

Online at: <http://TBT.hmcportal.com>