

PEIA Pathways to Wellness

My Pathways



Make a Change and Save Some Change!

Are you ready to make a lifestyle change that will help you meet the **Healthy Tomorrows** biometric range? *My Pathways is for you!*

Utilize FREE lifestyle coaching, fitness assessments, nutrition and exercise videos, prevention programs and health challenges to meet the Healthy Tomorrow's biometric ranges.

Blood Pressure: Systolic $< \text{or} = 140$

Diastolic $< \text{or} = 90$

Total Cholesterol: $< \text{or} = 245$

Glucose: $< \text{or} = 125$

Waist Circumference (in inches): Male $< \text{or} = 40$

Female $< \text{or} = 35$

Set Your Own Goals and Go At Your Own Pace

Contact Your Regional Health Promotion Consultant to find out more at www.peiapathways.com or 304-696-3750

