

# INTRODUCING... 4YOURHEALTH

An all-in-one Health and Wellness platform designed to help achieve an optimal quality of life.

**[GO.UNC.EDU/4-YOUR-HEALTH](http://GO.UNC.EDU/4-YOUR-HEALTH)**

UNC Chapel Hill employees receive 20% off through July 31, 2020.

**CLICK HERE** to get started.

## TELEMEDICINE

Get access to doctors 24 hours a day, 365 days a year, nationwide. No waiting rooms, no co-pays, no missed work. No insurance needed.

70% of all Primary Care Physician visits can simply be handled via a Tele-consultation.

Common diagnoses include:

- Allergies
- Sinus Infections
- Pink Eye
- Rashes
- Sprains
- Joint Aches & Pains
- Migraines
- Bronchitis
- Flu
- Hypertension

Any prescription ordered by the doctor can be fulfilled at a local pharmacy.

## EXERCISE

Achieve your health goals faster by accessing our streaming workouts. Exercise in the comfort of your own home or take the trainers with you on the road. Work out anytime, anywhere!

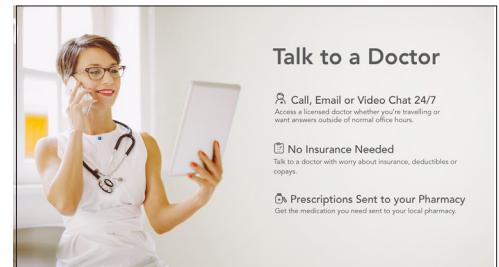
## NUTRITION

Improve your eating habits with your own customized weekly meal plan based on your dietary needs and restrictions, powered by Cooking Light Diet.

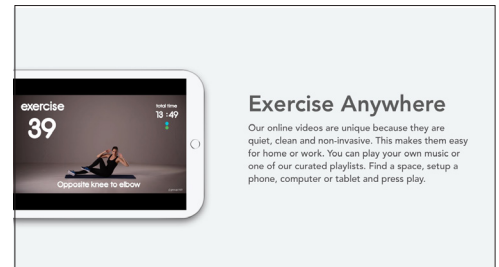
## WELLNESS COACHING

Start living a healthier lifestyle today. Connect to one of our Wellness Coaches to develop a customized plan: from tobacco cessation, to diet and weight loss, to living a cleaner life.

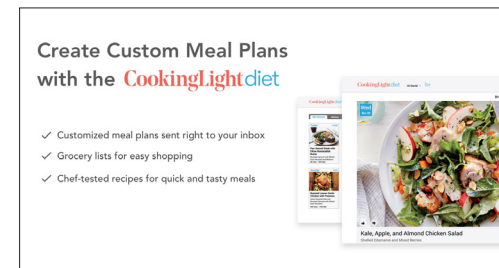
## TELEMEDICINE



## EXERCISE



## NUTRITION



## WELLNESS COACHING

