



THE CHOOSE TO LOSE PROGRAM:
LOSE WEIGHT
WITH TRIA HEALTH

This program is offered and paid for through Consolidated Communications and is available to employees and spouses covered under the medical plan.

**START YOUR
WEIGHT LOSS
JOURNEY!**



**Designated
Health Coach**

All health coaches are trained in matters of food, nutrition & their impacts on human health.



**Industry-Leading
Health & Fitness App**

Members can track their daily food intake, fitness activity, and can create goals.



**Access to a
Clinical Pharmacist**

If you and your coach determine medication to be beneficial, you'll then be able to meet with your Tria Health pharmacist.

Choose to Lose provides you with the tools and resources for successful, long-term weight loss.

Please Note: If you are still an active participant, you do not need to re-apply.