



Achieve More with Personal Health Coaching – **ENROLL TODAY!**

Jabil recognizes how your health plays a central role in your overall wellbeing. That's why we're offering comprehensive coaching services, communications and resources to streamline the process for you to engage in this new program. Through your coaching program, you will have access to your own personal certified health coach who is prepared to provide you with the support, guidance and encouragement that you need to achieve real health improvement results!

The Benefits of Getting Involved

Your Personal Health Coach is focused on you, your needs and your health journey. Our team members have a wide variety of skillsets and specializations, allowing us to tailor our coaching programs to best support you. Our team includes:

- Registered Nurses
- Nutritionists and Dieticians
- Diabetes Professionals
- Certified Tobacco Cessation Specialists
- Personal Trainers

You can expect personalized coaching calls and resources that will assist you in taking a more direct and active role in the successful management of your most important asset — *your health!*

For the Lifestyle Management program, you will receive 3 or more coaching calls per year along with additional supplementary material, education and resources to support your goals and actions discussed with your personal health coach.

Get Started

All employees and spouses with a Jabil Asset Health account can enroll in the Lifestyle Management Coaching Program. To get started, simply log in to your account at assethealth.com/jabil and click on the coaching tab where you will be able to enroll and schedule your first coaching call.

Login Information for First Time Users

Username: first initial + last name + last four digits of SSN (Your name is the same as what is used in Workday)

Password: date of birth (mmddyyyy)

First-time users: You will be asked to change your username and password after logging in.

Questions? Contact us at support@assethealth.com or **855-444-1255**.

