

TRIA HEALTH®:

Weight Management Support



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Tria Health's Weight Management Program is a free and confidential benefit available through your health insurance. Tria Health supports your weight management journey with personalized coaching, ongoing support, and practical tools to help you build healthy habits and achieve your wellness goals.

Your Tria Health Benefit Includes:



Personal Health Coach

A health coach will work with you one-on-one to create a personalized plan and support you every step of the way.



Food Tracking App

Easily track your meals and progress with a user-friendly app.



Access to a Pharmacist

If weight loss medications are right for you, a Tria Health pharmacist will be available to guide you.

Frequently Asked Questions

What Will I Receive for Participating?

- Your welcome kit includes a digital scale, measuring tape, portion plate, and water bottle.

How Often Do I Speak with My Coach?

- Connect weekly with your health coach via the Tria Health app or phone.



Get Connected!

Call 1.866.792.8742 or
Visit www.triahealth.com/enroll

