



Discover Better Health

Personalized Well-Being Support for Employees and Spouses on the Allegany-Cattaraugus Schools Medical Health Plan in 2025



Support for GLP-1 Medications

Your Coach and Registered Dietitian can provide essential support on your weight loss journey while taking GLP-1 medication. Your Coach offers guidance, motivation, and accountability to help you build sustainable habits, while your Dietitian provides expert nutrition advice to optimize your diet, manage side effects, and ensure you're getting the nutrients you need. Together, they help you navigate lifestyle changes, set achievable goals, and make the most of your medication for long-term success.

Health Coaching

Our coaching is tailored to your needs while helping you stay on track with your health goals. We help you focus on what matters most—whether it's managing stress, quitting tobacco, maintaining a healthy weight or improving overall well-being.



Nutrition Counseling

We'll create a plan that fits your lifestyle, supports your health, and makes healthy eating simple and enjoyable. With a flexible, 'all foods fit' approach, we focus on your overall well-being—including personalized guidance to help you build sustainable, balanced eating habits that work for you.



Access Your Coach & Dietitian in the Ramp Health Platform

With our digital health platform, managing your care has never been easier. Seamlessly schedule and manage appointments with your providers and stay connected through secure digital messaging. Your experience is designed to keep you informed through personalized insights to support your health journey.

Programs begin 5/5/2025 for employees and spouses on the health plan.