Minnesota Healthcare Consortium
Participating Minnesota Service Cooperatives

MOBE®

Discover a whole-you approach to your health.



Get to know MOBE: Health Coaching at No Cost.

Explore a tool for better well-being. Select individuals with MHC insurance have access to personalized health coaching from MOBE®. If MOBE reaches out, answer the call to jumpstart your journey to better health.

MOBE is made for you.

- **Talk with a MOBE Guide on the phone** to get 1-to-1 support for how you eat, move, sleep, and feel.
- **Schedule a call with a MOBE Pharmacist** to ask questions, check for interactions, and keep your meds at their best.
- **Download the MOBE Health Guide app** to message your Guide, get handpicked resources, and track progress.
- **Join the MOBE Community on Facebook** where you'll find ideas, inspiration, encouragement, and empowerment.

MOBE is available at **no cost to you** as part of your MHC insurance.

Learn more:

Visit **mobeforlife.com/mhc** or call **844-841-9725**.

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"It's just really nice for someone to give 100% to me... to invest in my well-being."

—Lisa, MOBE participant

Follow us for more well-being tips and inspiration.