

We are excited to let you know about our exclusive partnership with Terra Health Coaching. **AblePay Health** members can now receive a **13% discount** on their **3-month Growth Program**, providing a solution to chronic illness by establishing healthy habits!

### Terra Health Coaching is...

... a digital health coaching platform rooted in the principles of Lifestyle Medicine. With the Terra app, a personal coach will support you in creating a healthier lifestyle while reversing and preventing chronic illness.

### Mobile Lifestyle App

Track habits and analyze trends while being supported by your coach.



### Lifestyle Medicine is...

... an evidence-based approach to treating and reversing disease by replacing unhealthy behaviors with positive ones.

### Pillars of Lifestyle Medicine are:

Whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection.



Step 1

#### **DISCOVERY CALL**

Hop on a discovery call to talk with a Terra team member and choose the perfect coach.



Step 2

#### **HEALTH ASSESSMENT**

Assess your lifestyle in relation to your current health metrics and establish a baseline.



Step 3

#### **COMMIT TO GROWTH**

Commit to your coach, trust the process, and you will change your life.



Visit  
**terrahealthcoaching.com**  
or scan to learn more