

Premier Wellness

Where can you learn how to meal plan? How often should you exercise? What's the best way to quit smoking? If you've ever had health questions like these and weren't sure where to turn, our Premier Wellness program is here to help.

Premier Wellness is our free and voluntary healthy living program for Virginia Premier members. The program has four healthy living components that promote nutrition, exercise, wellness, and being smoke-free.

With Premier Wellness, you'll have access to our dedicated and passionate Health Educators who are available to answer your health related questions. They can also help you with:

- Assessing Your Current Wellness
- Identifying and Meeting Health Goals
- Developing Healthy Habits
- Eating A Healthy Diet
- Exercising
- Quitting Smoking
- Women's Health
- Using Local Health Resources

Call 1(800)727-7536 now to learn more about Premier Wellness. Our Health Educators are here to help you achieve your wellness goals.

