



Ready for a change?



Adults across Alaska can join programs to:

- Lose weight
- Lower blood sugar
- Stop smoking or vaping
- Lower blood pressure



Join for free.

No health insurance required.



Participate anywhere.

Many programs can be completed online or over the phone and at your pace — wherever you are.



Get support.

Many programs match you with a coach. You can also do them with friends and family.

Thousands of Alaskans have joined.
Are you ready?



freshstart.alaska.gov

