

“The program goes with me wherever I go. I was able to do everything on my laptop or my phone. All I needed was Internet access.”

– Lori in Council, AK



Free Programs for Better Health

# Join programs you can do anywhere.

Alaska adults can join free programs to:

- lose weight
- lower blood sugar
- stop smoking or vaping
- lower blood pressure

You do these programs **wherever you are** – at home anywhere in Alaska or on the go.

Many programs are **online or by phone**, and you **work with a coach** for support.

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Find the program that’s right for you or someone you know.

[freshstart.alaska.gov](https://freshstart.alaska.gov)



# Join free programs for better health.



## Meet many health goals

- Lose weight
- Lower blood sugar to prevent diabetes
- Lower blood sugar to manage diabetes
- Lower blood pressure
- Stop smoking, vaping, or chewing tobacco



## Receive free support

- Join for free, no health insurance needed
- Get matched with a coach in many programs
- Receive free tools, including a scale, blood sugar monitor, blood pressure cuff, nicotine replacement therapy like gum or patches, and more (tools differ by program)



## Do the programs your way

- Enjoy programs that are easy to use
- Participate in many programs online or by phone
- Complete the program at your pace – anytime, anywhere



## Feel better now and for years to come

- Sleep better
- Move more
- Eat healthier
- Reduce stress
- Improve daily habits for better health

Thousands of Alaskans have joined.  
**Are you ready?**

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