

"We lost more than 100 pounds together using the online program."

— Pete and Kristina from Anchorage



# READY FOR A CHANGE?

Alaska adults can join programs to **lose weight, stop smoking or vaping, lower blood sugar, or lower blood pressure.**

- All of these programs are **free**.
- Many programs **match you with a coach** so you don't have to do it alone.
- Many can be completed **online** or **over the phone** and **at your pace—wherever you are.**

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

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

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

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



## Join Free Programs For Better Health

### Lose weight or prevent diabetes

- Participate online.
- Get matched with a coach.
- Receive a free bathroom scale and short lessons for 12 months.
- Improve sleep, move more, eat healthier, lower blood sugar, and manage stress.



### Lower your blood sugar to manage diabetes

- Participate online.
- Get matched with a coach and a diabetes specialist.
- Receive free blood sugar monitors and short lessons for 6-12 months.
- Improve sleep, move more, eat healthier, lower blood sugar, and manage stress.



### Lower your blood pressure

- Participate online.
- Get matched with a coach and a blood pressure specialist.
- Receive a free blood pressure cuff and short lessons for 4-6 months.
- Improve sleep, move more, eat healthier, lower blood pressure, and manage medications as needed.



### Stop smoking, vaping, or chewing tobacco

- Participate online or over the phone.
- Create a quit plan with coaches.
- Get free patches, lozenges, and gum to support your quit.
- Call Alaska's Tobacco Quit Line as many times as it takes to quit.

