



Ready for a change?



Adults can join programs across Alaska to:

- Lose weight or stay at a healthy weight
- Prevent or manage diabetes
- Stop smoking, chewing, or vaping
- Lower blood pressure



Find the program that's right for you.

Many programs are free or low-cost.

Programs are completed in person, online, or over the phone.



These programs work.

You use proven strategies to meet your health goals.

Meeting these goals improves the health of your body and brain.



Receive support.

Some programs match you with a coach.

Programs provide tips and tools to make healthy changes and track progress.



Thousands of Alaskans have joined.
Are you ready?

freshstart.alaska.gov



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