

"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.

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

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?

freshstart.alaska.gov

