



ACI SPECIALTY BENEFITS

Preventing illness and enhancing quality of life begins with making healthy lifestyle choices. But making positive health changes can be difficult.

The ACI AppleCore Wellness program offers tools, information and resources to make getting healthy easy.



Wellness Benefits Include:

- AppleCore's GetFit Website
- Health Risk Assessments
- On-site Activities
- Wellness Coaching
- Wellness Seminars/Webinars
- Weekly "AppleBytes" Newsletter
- Monthly "From the Core" Newsletter
- Worksite Health Promotion & Education
- Customized Smoking Cessation Program

Additional questions?
Contact Human Resources
or ACI Specialty Benefits: (800) 932-0034
askthepros@acispecialtybenefits.com

Confidential & professional assessment and referral services for employees and family members.

