



# Create a balanced lifestyle beyond the scale



## At Premise Health, we know and believe that health goes beyond numbers.

That's why providers at your wellness center focus on your unique needs to help you achieve your weight goals in a way that's sustainable and meaningful to you. It's about feeling good, having more energy and improving your overall wellbeing. Schedule a Tanita Body Composition Analysis and/or Wellness Coaching visit to get started.

### Schedule a visit.

Call your local wellness center and schedule your appointment today.

Who can use these services?  
The Wellness Center is available to all Lockheed Martin employees, regardless of medical plan.

