

# NEWS RELEASE

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## YMCA of Greater Houston Selects MEDeCOACH

HOUSTON – YMCA of Greater Houston (YMCA) has signed an agreement for MEDeCOACH products and services to be delivered to their employees for health and productivity management.

MEDeCOACH, based in Houston, is a health improvement company which uses internet technology to deliver personalized virtual and live health coaching. The agreement provides all employees of the YMCA to receive MEDeCOACH prevention products and services.

MEDeCOACH will specialize in providing information to YMCA's employees concerning changes in lifestyle (exercise, eating habits, stress, etc.) as well as provide one-on-one personalized health coaching.

For over 120 years, the YMCA of the Greater Houston Area has stayed true to its mission, values and purpose of helping persons grow in spirit, mind and body. With 38 centers and over 300 program locations serving eleven counties, the YMCA of the Greater Houston Area helps to build strong kids, strong families and strong communities.

“The YMCA wanted a product with the ability to reach all employees in its many locations with one-to-one health coaching,” said MEDeCOACH CEO Allyson Faist. “MEDeCOACH's virtual and telephone coaching programs can accomplish their goal. We are very pleased to be working with such an esteemed group.”

“At the YMCA, our mission is to build healthy spirit, mind and body for our members, volunteers and program participants. MEDeCOACH is a tool which will help us do the same for our staff.” said YMCA Joni Phariss Director Human Resources.

The agreement confirms the belief of both companies: help individuals change their lifestyle habits and their health will improve.

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