

# WHAT IS A WELLNESS COACH?



Your personal wellness coach is here to support you in staying healthy and choosing the lifestyle goals that are right for you!

## A PERSONAL WELLNESS COACH CAN GIVE YOU THE GUIDANCE YOU NEED BY:

- Connecting you to resources available through your health plan, your employer, and your community.
- Helping you to select the options that can have the greatest impact on your health.
- Giving you the push you need to get started.
- Empowering you to make healthy, sustainable lifestyle changes.

## NO PHYSICIAN REFERRAL REQUIRED

Although a referral is not required for you to participate in wellness coaching, we encourage you to collaborate with your physician to learn how to get the most from your coaching sessions.

Meet your personal wellness coach by calling 1-800-650-8442  
Monday – Friday from 8:30 a.m. to 8:30 p.m. EST.

## GETTING STARTED WITH WELLNESS COACHING

A personal wellness coach is ready to:

- Review your health risk assessment and how it relates to your lifestyle.
- Discuss your health screening results and what the numbers mean.
- Help you set goals for improving your health through lifestyle changes.
- Help you overcome the obstacles that interfere with making healthy choices every day.
- Connect you to appropriate resources to support sustained wellness challenges.
- Provide expert information on how to better manage weight, quit tobacco, increase physical activity, improve sleep, and manage stress.
- Provide coaching to help you improve your diet to better control weight management, heart health, diabetes, and other health issues.
- Keep you motivated to eat healthy and stay active — like a personal trainer who is only a phone call away!

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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