

Support to Help You Manage Your Condition Health Coaching Program & Personalized Report

Your Health. Your Benefits.

When it comes to feeling your best, your needs are unique to you. Sometimes a little encouragement, understanding and support is all you need to improve your health. Our compassionate health coaches are here to help you and your family live your healthiest lives, experience quality care and feel better—at no cost to you.

What is my health coaching benefit?

- Unlimited, confidential health coaching sessions to help you manage your chronic condition
- Available to you and your covered family members at no cost
- Create a personalized plan to help you meet and maintain your health goals—at your own pace

Managing a chronic condition can feel overwhelming— we're here to help. Along with coaching, we'll send you a personalized Preventive Health Report to help you take charge of your health.

Health coaching is available to those managing:

- Diabetes
- Asthma
- High Cholesterol
- Congestive Heart Failure
- Artery Disease
- High Blood Pressure
- Chronic Obstructive Pulmonary Disease (COPD)

How it works

- You'll schedule time to talk with your coach over the phone when it's convenient for you:
 - Monday – Thursday 8:00am to 10:00pm and Friday, 8:00am to 6:00pm (EST).
- Appointments can range from 15 minutes to an hour – depending on your needs.
- Your health coaching benefit can be used anytime throughout your plan effective dates.



To learn more, or to enroll in the program:
Call (866) 234-4635 to speak to a health coach

