

WONDERING WHERE TO GO FOR WELLNESS?

Your Personal Coach has the Answers



It can be hard to motivate yourself to get healthy and even harder to choose the wellness programs and activities that are right for you.

Beginning July 1, 2014 onsite programming will be replaced with the convenience of Telephonic Wellness Coaching

A PERSONAL 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 from your physician is not required to participate in personal coaching, we encourage you to collaborate with your physician to learn how to get the most from your coaching sessions.

To take advantage of free personal coaching sessions, call **1-888-BLUE-428** Monday through Friday from 9:00 a.m. to 9:00 p.m. EST.

GETTING STARTED WITH PERSONAL COACHING

A personal wellness coach, registered dietitian or exercise physiologist is ready to:

- Review your Wellness Profile and how it relates to your health risks
- 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 challenges 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 or quit tobacco and increase physical activity.
- Provide personal nutrition 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!

* Personal nutrition coaching with a registered dietitian is only available to members who live in Pennsylvania, Delaware and West Virginia. Personal nutrition coaching with a registered dietitian is not available to members with eating disorders or those seeking clearance for bariatric surgery.

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