

Achieve Well-being

Reach your health goals with Wellness Coaching



Sometimes you need a little extra support when you're considering making lifestyle changes. Achieve Better Health provides an added level of support and services to help you set and achieve your goals along your health journey.

Want to make a lifestyle change?

Ready to lose weight? Or quit smoking once and for all? An Independence Blue Cross Wellness Coach can provide you with the support and resources you need to reach your health goals and achieve better overall health.

What is Wellness Coaching?

Wellness Coaching is a trusted relationship that helps you identify and set goals in areas where you want to make lifestyle changes, such as losing weight or managing stress.

How can a Wellness Coach help you?

A Wellness Coach can help you by providing new ideas and resources as well as support and accountability for reaching your goals. A Wellness Coach collaborates with you to identify and achieve specific health-related goals.

Call **1-833-444-BLUE (2583)** (TTY: 711) and ask to speak with a Wellness Coach to get on track for a healthier lifestyle.*

*This is a free and confidential service.

While your Wellness Coach respects you as the expert in your own life, he/she supports your lifestyle change by providing structure, accountability, and expertise. Together, you and your Wellness Coach celebrate successes and reassess health goals when challenges arise.

Can a Wellness Coach help you manage a chronic health condition, like asthma or diabetes?

While a Wellness Coach can help with goal setting, a Registered Nurse Health Coach is the more appropriate choice if you're managing a chronic health condition. Health Coaches focus on specific health conditions or illnesses, such as asthma or diabetes, whereas Wellness Coaches work with you to make lifestyle changes that result in better overall health.

Why might you need a Wellness Coach?

You've made the decision to improve your health, but it's hard to get there alone. A Wellness Coach supports and encourages you on your path to a healthier lifestyle through goal setting, resources, and ongoing conversations. Our Wellness Coaches have extensive experience and education in the areas of coaching, exercise physiology, and nutrition, as well as certification in Tobacco Cessation by the American Lung Association.

A Wellness Coach can assist you with meeting your health and wellness goals including, but not limited to:

- Weight management
- Physical activity
- Nutrition
- Stress management
- Tobacco cessation

Stay on top of personal health information, screening reminders, health tips, and more!**

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