

**"With the right support, I know I can reach my wellness goals."**



**Health Coaching from Harvard Pilgrim.**

Reaching a wellness goal may seem out of reach at times, even with the best of intentions. Harvard Pilgrim Health Coaches can support, educate, and motivate you to help you achieve a wide range of health goals. During one-on-one telephonic coaching sessions, your Health Coach will help you adopt a healthy lifestyle, at no additional cost.

**Coaching you to better health if you need help with:**



Controlling blood pressure



Smoking cessation



Managing weight and eating healthier



Reducing stress and finding life balance



Increasing physical activity



Dealing with back pain

**Programs are tailored just for you and will help you identify barriers to achieving wellness, work with you to set realistic personal health goals and monitor your progress!**

**Contact your Health Coach today!**

- Members can request a Health Coach through the Living Well online program by logging in or creating an account at [harvardpilgrim.org/livingwelleveryday](https://harvardpilgrim.org/livingwelleveryday)
- Or, call **(877) 594-7177**.