



# Get help to reach your health goals!

**When it comes to improving your health, you don't have to do it alone.**

Health Advocate's Wellness Program offers one-on-one guidance to help you get and stay healthy. The program provides you unlimited access to a Wellness Coach by phone, email or secure web message.

Read on to learn more!



**HealthAdvocate<sup>SM</sup>**

# Personalized support for better health

Your Health Advocate Wellness Coach motivates and supports you as you strive to reach your health goals. Your coach can help you overcome barriers to reaching your goals and discover creative solutions to achieve and maintain them. Here are answers to common questions we receive about wellness coaching.

## **Q: What areas of health can a Wellness Coach help me with?**

A Wellness Coach can help you lose weight, get fit, eat healthy, quit tobacco, reduce stress, improve cholesterol, blood pressure and glucose, and so much more!

## **Q: What should I expect during my first coaching session?**

Your first session will take about 30 minutes. Your Wellness Coach will ask you questions to help identify your goals, and then you'll develop a wellness plan together outlining steps you can take to reach your goals.

## **Q: How often will I be in contact with my Wellness Coach?**

You have unlimited access to your Wellness Coach. Together, you and your coach will determine what works best for you and the amount of direct contact you prefer.

## **Q: How long will it take me to complete a coaching program?**

This varies from person to person. Typically it takes at least three months to successfully complete the program. Since you have unlimited coaching, you can work with your Wellness Coach for as long as you feel necessary!

## **Q: Who is eligible to participate in coaching?**

Eligible employees, their spouses and dependent children, age 18 and older may participate in the program.

## **Q: Will my employer know what I am working on with my Wellness Coach?**

No. All the work you do with your coach is strictly confidential.

## **Q: When are Wellness Coaches available?**

Wellness Coaches are available via phone, email or web message weekdays from 8:00 am to 9:00 pm EST. To schedule an appointment, go to [HealthAdvocate.com/members](http://HealthAdvocate.com/members) or call 866.695.8622.



Turn to us—we can help.



**866.695.8622**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

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