

# REACH YOUR PERSONAL HEALTH GOALS WITH WELLNESS COACHING



## Choose from six different programs to empower a healthy lifestyle

We want to support you in achieving your health goals with Wellness Coaching, which offers two different options to choose from:

- ▶ **Telephonic Lifestyle Coaching\*** provides you with unlimited access by phone or secure email to a health coach for six months.
- ▶ **Virtual Coaching** offers you access to a series of online, interactive programs that can put you on the path toward meeting your health-related goals. You can learn and work on your goals at your own pace and at a time that works best for you.

If you're living with a chronic medical condition, or if you simply want to improve your wellbeing, coaching can help you take a more active role in your health.

Choose from six different programs that focus on:

- ▶ Improving your diet
- ▶ Getting more physical activity
- ▶ Reducing stress
- ▶ Quitting tobacco
- ▶ Managing your weight
- ▶ Taking charge of your health

Everything you need to enroll in the Coaching program is online at [mytuftshealthplan.com](http://mytuftshealthplan.com).

Coaching helps you stay motivated by:

- ▶ Sending email reminders about your Action Plan
- ▶ Providing weekly "to do" items, educational information and tracking tools as you work through the program
- ▶ Suggesting health actions you can take every week for six weeks to reach important milestones

## Specifically for chronic conditions

"Take Charge of Your Health" is a new focus area specifically for members with a chronic condition like diabetes. You'll learn how to better manage your condition by having access to educational resources and interactive tools.

To enroll in this program:

- ▶ Log into [mytuftshealthplan.com](http://mytuftshealthplan.com) and click "Start Living a Healthy Lifestyle"
- ▶ Click on "Action Plan" and then on "Health Update,"

### OR

- ▶ Complete the Wellbeing Assessment on our Health Portal landing page

We'll be expanding "Take Charge of Your Health" in 2018 to include additional health conditions, so be sure to check back on our site often.

## Best of luck in achieving your personal health goals!

We're always here to help if you have any questions about Wellness Coaching. Just call **1.866.201.7919**.

\* Available to all fully insured members and self-insured members whose employer has opted into the program.