

Health Coaching

Personalized support on the path to a new you

Reaching a wellness goal can sometimes seem impossible, even with the best intentions. A personal health coach can provide you with the right tools for success on your wellness journey. Learn how to adopt a healthy lifestyle and more during one-on-one phone calls — at no additional cost.



Get advice and tips on how to:



Control blood pressure



Manage weight and eat a more balanced diet



Increase physical activity



Stop smoking



Reduce stress and balance a busy lifestyle



Cope with back pain

Programs are customized to your specific needs. Your health coach will help you set realistic goals and identify obstacles along the way. Log in or create an account at:

harvardpilgrim.org/livingwelleveryday or call **(877) 594-7177**.