

# MEET YOUR PARTNER IN WELLNESS

Our certified Wellness Coaches, who are dietitians or registered nurses, offer one-on-one support to help you set and meet your personal health and wellness goals — at no additional cost.



## BUILD HEALTHIER HABITS

Together with your Wellness Coach, you'll build short- and long-term strategies to help with:



Managing stress



Eating healthier



Quitting smoking



Being more active



Managing weight

## HOW THE PROGRAM WORKS

Your coach will schedule calls when they're convenient for you. They'll help you discover your health needs and personal motivations, create a plan, and stay on track. You'll work together on:

- Understanding your health risks
- Learning to overcome obstacles
- Making improvements with a lasting impact

Coaching is individualized and length of engagement will vary, but you can expect to work with your coach for about three months. And remember that we're always here to continue supporting your health and wellness goals.

## START YOUR WELLNESS JOURNEY TODAY

Call 1-800-392-0098 and select option 1,  
Monday through Thursday, 8:30 a.m. to  
8:00 p.m. ET, and Friday, 8:30 a.m. to 4:30 p.m.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).