

# GET SUPPORT WITH WELLNESS COACHING



## Get Personalized Wellness Coaching

With Wellness Coaching through Well onTarget®, find the support you need to be your best<sup>1</sup>.

### Your Trusted Ally

A wellness coach works with you to set and reach your wellness goals. After learning about your lifestyle and habits, they'll create a plan that works for you. Your coach will keep you motivated with ideas and inspiration through it all. Wellness coaching is private and secure.

### Reaching Out

Send secure messages to your coach through the Well onTarget Member Wellness Portal at [www.wellontarget.com](http://www.wellontarget.com). Call the number on your portal dashboard to speak with your coach or ask for a callback. You can also contact your coach through the Well onTarget mobile app, AlwaysOn®. A wellness coach may call to welcome you to the program.

Well onTarget®



BlueCross BlueShield of Texas

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## Learn How to Reach Your Health Goals

Our coaching team has dietitians, nurses, personal trainers and other specialists. Coaches work one-on-one with you to discuss your lifestyle needs. Online trackers help guide you as you reach your goals. You can sign up for one program at a time.

### Manage Stress

Learn what's causing stress in your life. Your coach can help you find creative, healthy ways to combat stress.

### Improve Fitness Level

Make working out a key part of your day. Your coach can create a plan that's right for your fitness level and goals.

### Improve Dietary Habits

Connect with a registered dietitian to help you understand your relationship with food and how to make healthy eating choices.

### Lose Weight

Your coach will address behavioral or environmental factors that may keep you from reaching your weight loss goals.

### Maintain Weight

If you're at a healthy weight and want to know how to maintain it, your coach will discuss how managing your stress, nutritional needs, physical activity and sleep can keep you at your ideal weight.

### Improve Cholesterol

Being overweight, making poor dietary choices and living a sedentary lifestyle can contribute to high cholesterol. Your coach can help you make lasting lifestyle changes to lower your cholesterol.

### Improve Blood Pressure

Prevent high blood pressure through exercise, dietary habits, quitting tobacco and managing stress.

### Quit Tobacco

Quitting tobacco can be a challenge. This program includes a discussion with your coach about the physical and psychological factors of addiction.

### Maintain Tobacco-Free Status

Staying tobacco-free is a lifetime process. Learn how to use trigger-avoidance methods and social support to ensure you stay tobacco-free.



Call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.



## Prioritize your coaching.

Take the Health Assessment today to find out which program is right for you. You can talk with your coach about additional topics – from managing your diabetes to financial wellbeing.

<sup>1</sup> The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

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