

# Global Wellness Coaching

A WELLNESS COACH CAN HELP ASSESS CURRENT LEVELS OF HEALTH AND WELLNESS, AND WILL WORK WITH YOU TO IMPROVE IT.

## A Wellness Coach Can Help You Adopt a Healthier Lifestyle By Offering Strategies For:

- Weight loss
- Healthy eating
- Exercise and physical activity
- Smoking cessation
- Stress management
- Adopting a healthier lifestyle

The wellness coaching program includes up to six phone sessions with a wellness coach. The first call with a wellness coach involves a review of past health and wellness experiences and preferences. It also involves developing an action plan to reach an identified goal. Subsequent calls with the coach serve as check-ins on progress or any challenges being encountered. Further guidance can be provided when applicable to reaching a specific goal.

**Contact us today to learn more about this wellness benefit and to begin a healthier lifestyle!**

## Access is Easy!

No matter when, no matter where, free, confidential support is available by phone or web.

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## Use the GeoBlue® Mobile App

- 1 Click “Telehealth”
- 2 Click “Talk to a Counselor”
- 3 Request to speak with a Wellness Coach

### WELLNESS PORTAL

[www.geo-blue.com](http://www.geo-blue.com)

To request a coach, go to “**Contact a Wellness Coach**” under “**Centers**” within the wellness portal homepage.

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