



Reach your health goals with Wellness Coaching



Sometimes you need a little extra support when you're considering making lifestyle changes. Achieve Better Health provides an added level of support and services to help you set and achieve your goals along your health journey.

Want to make a lifestyle change? Get support

Ready to lose weight? Or quit smoking once and for all? An Independence Blue Cross Wellness Coach can provide you with the support and resources you need to reach your health goals and achieve better overall health.

What is Wellness Coaching?

You've made the decision to improve your health, but it's hard to get there alone. A Wellness Coach supports and encourages you on your path to a healthier lifestyle through goal setting, resources, and ongoing conversations.

Our Wellness Coaches have extensive experience and education in the areas of coaching, exercise physiology, and nutrition. A Wellness Coach can assist you with meeting your health and wellness goals including, but not limited to:

- Weight management
- Physical activity
- Nutrition
- Stress management
- Tobacco cessation

Call **1-800-ASK-BLUE**
(1-800-275-2583; TTY/TDD: 711)
to speak with a Wellness Coach and get on track for a healthier lifestyle.*

You can also call your dedicated Wellness Coach directly:

Tara Elnitski: 215-241-4907

Stay on top of personal health information, screening reminders, health tips, and more!**

Text **IBXTU** to **73529** or visit **ibx.com/getconnected** to sign up for text alerts today.

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Can a Wellness Coach help me manage a chronic health condition, like asthma or diabetes?

While a Wellness Coach can help with goal setting, a Registered Nurse Health Coach is the more appropriate choice if you're managing a chronic health condition. Health Coaches focus on specific health conditions or illnesses, such as asthma or diabetes, whereas Wellness Coaches work with you to make lifestyle changes that result in better overall health.

This plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Spanish: ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-800-275-2583 (TTY: 711). Chinese: 注意: 如果您讲中文, 您可以得到免费的语言协助服务。致电1-800-275-2583。

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