

Get Healthier and Feel Better with Health Coaching

Health coaches can help you reach your wellness goals and avoid health problems like diabetes. They will guide you on how to eat better, be more active, and manage stress so you can feel your best.

With your Blue Cross Health Coaching Team, you will:

- ☑ **Learn about helpful health services**
- ☑ **Make small changes** to promote better health
- ☑ **Create a nutrition and exercise plan**
- ☑ **Get guidance** to reach your health and wellness goals
- ☑ **Stay motivated** with ongoing support and tips

Your health coaching support team can include:

- Nurses
- Registered dietitians
- Registered nutritionists
- Licensed clinical social workers
- Licensed professional counselors
- Certified Diabetes Care and Education Specialists®

MBR20369-2507



Ready for a healthier you?

Call us at 1-855-699-6168

Monday - Friday
7 a.m. - 6 p.m. Central time,
to connect with a Health Coach.

We're here to help!

Health coaching is a covered benefit. Participation is voluntary, confidential, and at no extra cost to you.

BlueCross BlueShield of Alabama

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Scan for information on free language assistance services.