

Health Coaching

Discover personalized guidance to improve your health and wellbeing.

Small steps. Big health wins.

Health coaching helps you take small, manageable steps toward better health. Your coach provides expert guidance and ongoing encouragement to help you stay on track and overcome challenges.

Together, you create a plan that works for your life and goals.



Health coaches can help with:

- Building healthier habits
- Managing stress
- Eating healthier
- Improving sleep and energy
- Improving physical activity
- Managing a health condition
- Making lifestyle changes
- Setting and achieving goals

What you can expect

- ✓ **Expert, one-on-one virtual support**
Receive personalized guidance from certified health coaches dedicated to help you reach your goals.
- ✓ **No additional cost to you**
Health coaching is included in your BCBSRI plan benefits.
- ✓ **Choose the right fit**
Access a team of health coaches and find one that matches your needs and preferences.
- ✓ **Virtual appointments on your terms**
Meet with your health coach by phone or video with availability from 8:00 am to 8:00 pm ET.
- ✓ **Easy first step**
Start with a 15-minute connection to meet a coach, ask questions, and explore support options.

Get started

Connect with a Health Coach today

It's easy to schedule a virtual health coaching appointment in BlueCare Connect.

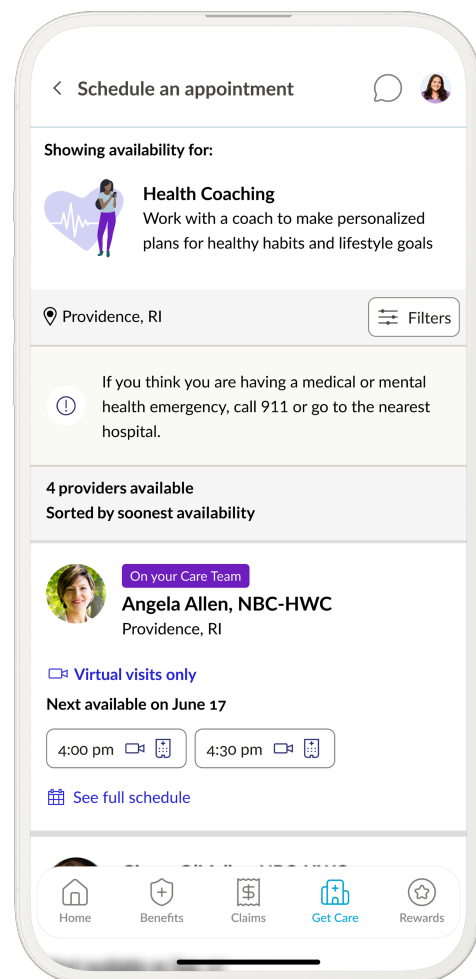
Here's how:

1. Log in to your BlueCare Connect account. Not registered? Go to BlueCareConnectRI.com and select create an account. You'll need your member ID.
2. Go to Get Care and select Schedule Health Coaching.
3. Select a health coach and day/time that works for you. Follow the prompts and confirm your appointment.



Have questions or need help scheduling?

Go to Get Help to message a Care Guide in BlueCare Connect or call (800) 639-2227.



"[My health coach's] services have truly been life changing. She's so good at what she does and I will forever be grateful. I know this is a strong statement but I feel like I have my life back."

—Bill



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