

# Wellness Coaching by phone



## Convenient, ongoing support from a specially trained health professional

### Many areas of focus

Whether you want less stress or better sleep, wellness coaches can help. They're not mental health care providers, but they can set up an action plan to keep you motivated toward your health goals.

### Convenient scheduling

Phone sessions are available 5 days a week and typically last 20 minutes.

### A dedicated partner in health

The same coach will get to know you over multiple sessions — providing tailored guidance at whatever time and frequency works best for you.

**69% of members**

who used wellness coaching reduced their stress within one month