

STAYING HEALTHY

Telephonic Health Coaching



What is telephonic healthy lifestyle coaching?

Through our partnership with WebMD Health Services, we are able to offer healthy lifestyle coaching*. This is a series of confidential, one-on-one conversations that provide personalized support, planning, and motivation to help you incorporate healthy choices into your daily life. You get to direct the conversation around what's important to you.

Why should you engage in coaching?

It's personalized.

Your coach will tailor a program unique to you in areas such as:

- **Tobacco Cessation**
- **Weight Loss**
- **Healthy Living**

It's professional.

Each health coach is a qualified professional educated with at least a bachelor's degree in a health-related field. In addition to their degrees, many have advanced training in areas including nutrition, exercise, and smoking cessation.

It's easy.

Schedule calls at times that work best for you. WebMD Telephonic Health Coaches are available flexible hours, making it easy to fit a session into your schedule.

Hours of Operation

Sunday 1:00 p.m. to 11:30 p.m.
 Monday - Thursday 9:00 a.m. to 11:30 p.m.
 Friday 9:00 a.m. to 8:00 p.m.
 Saturday 9:30 a.m. to 6:00 p.m.

1-866-513-2507

Don't have time to talk on the phone?

Coach Connect

Exchange secure email messages with your WebMD Health Coach and receive a response within two business days. It's more convenient than a phone call, more secure than regular email, and provides another way to make health coaching work for you.

Online Coaching

Daily Habits is a new tool from Optima Health, powered by WebMD® Health Services, to help you achieve your health goals and stay excited about healthier living—all from the convenience of a desktop or mobile device. Track your activities online and watch the progress indicator to stay engaged with a variety of healthy actions. You can access this tool from the Optima Health website:

- Sign in at optimahealth.com/mylifemyplan.
- Select **Wellness Tools** to navigate to your personalized WebMD wellness home page.

**Only Optima Health members with the health coaching benefit are eligible. Please check with your benefits administrator at your workplace about your eligibility.*

For more information, visit
optimahealth.com/mylifemyplan

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