

Support to Help You Manage Your Condition

Health Coaching Program

Your Health. Your Benefits.

When it comes to feeling your best, your needs are unique to you. Sometimes a little encouragement, understanding and support is all you need. We can help you manage chronic conditions, as well as lose weight and control stress. Our expert behavior change coaches will help you through your personal challenges. Enroll today to take the first step toward a healthier and happier life.

What is my health coaching benefit?

- Unlimited, confidential health coaching sessions to help you manage your chronic condition
- Available to you and your covered family members at no cost
- Create a personalized plan to help you meet and maintain your health goals

*Improve your health,
enhance your quality of life
and feel better*

How it works

- You'll schedule time to talk with your coach over the phone when it's convenient for you:
 - Monday – Thursday 8am to 10pm and Friday, 8am to 6pm (ET).
- Appointments can range from 15 minutes to an hour—depending on your needs.
- Your health coaching benefit can be used anytime throughout your plan effective dates.

Health coaching is available to those managing:

- Diabetes
- Asthma
- High Cholesterol
- Congestive Heart Failure
- Coronary Artery Disease
- High Blood Pressure
- Chronic Obstructive Pulmonary Disease (COPD)



Enrolling online is easy! Scan the QR code or visit app.hpiachievehealth.com/enroll to schedule your health coaching appointments today.

Prefer to enroll over the phone? Give us a call at **866-234-4635**.