

HEALTHY LIVES HEALTH COACHING

We are committed to helping you achieve your best health. Healthy Lives is a part of our health and wellness program that offers team members personalized health coaching and guidance at no cost. When you meet with a Healthy Lives Health Coach, you can earn points toward your wellness rewards by tracking it in the Healthy Lives portal.

To schedule your personal coaching session with a Healthy Lives Health Coach, contact Healthy Lives at 855-426-4325 or healthylives@fmlhs.org.

Frequently Asked Questions

What is a health coach?

A health coach is a registered nurse or dietitian who works one-one-one with you to meet you where you are to customize fitness, nutrition and health goals that work specifically for you.

What are the benefits of health coaching?

Research from the Centers for Disease Control and Prevention reports that coaching programs are effective to help participants reach a healthy weight, eat better and incorporate more physical activity into their daily lives. By working with a health coach you receive the following benefits:

- An individualized plan using best practices
- A motivator to help you reach your goals at your own pace
- Solutions and support to help you deal with stress and daily triggers that keep you from reaching your health goals

Are health coaching sessions confidential?

Your privacy is important to us. All conversations and health coaching activities are kept confidential. Your employer will not have access to any of your medical records.

Does meeting with a health coach count as my PCP visits?

A health coach does not replace your relationship with your primary care provider. Make sure to follow up with your primary care provider if recommended.



Log into the Healthy Lives portal TODAY!



(855) I AM HEALTHY (426-4325)
healthylives.org

