**“With the right support, I know I can reach my wellness goals.”**

# Lifestyle management coaching from Harvard Pilgrim.

Reaching a wellness goal may seem out of reach at times, even with the best of intentions. Having

# Coaching you to better health if you need help with:

the proper support can be the difference between failure and success. Harvard Pilgrim’s Lifestyle Management Coaches can help guide you to

your best health yet.

No matter what challenges you face, our Lifestyle Management Coaches will support, educate and motivate you on your way to better health. Our coaches are nationally certified and ready to help

**Controlling blood pressure**

**Managing weight and eating better**

**Increasing physical activity**

 **Smoking cessation**

**Reducing stress and finding life balance**



**Dealing with back pain**



you achieve a wide range of health goals. During one-on-one telephonic coaching sessions, your Lifestyle Management Coach will help you adopt a healthy lifestyle.

# Programs are tailored just for you and will help you identify barriers to wellness and lifestyle management, work with you to set realistic personal health goals and monitor your progress!

**Contact your Lifestyle Management Coach today!**

* Members log in or create an account by visiting **harvardpilgrim.org/livingwelleveryday**
* Or, call **(877) 594-7177**.

The individuals shown are representative only. The comment

is a composite of sentiments often expressed by our members.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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