



## Personalized Support to Set and Meet Your Goals

Wellness Coaching

**When it comes to working toward your health and well-being goals, you don't have to do it alone!** Health Advocate offers support from a Wellness Coach to guide you on your path toward meeting your goals. Our in-house team of Wellness Coaches are behavior change experts! They are educated and highly trained in all aspects of well-being.

### A Wellness Coach will help you:

-  Identify your goals
-  Develop an action plan
-  Stay accountable and motivated
-  Discover creative solutions for obstacles
-  Celebrate your accomplishments
-  Maintain your progress

### How Coaching Works

- 1. Connect with a Wellness Coach** by calling Health Advocate, sending us an email or visiting our website to request a Coach. Our coaching team is available weekdays from 8 AM to 9 PM, ET.
- 2. Complete your first engagement**— this brief session allows you and your Coach to get to know each other and lay the foundation of your wellness plan.
- 3. Set a schedule for additional sessions with your Coach.** Each time you connect, you and your Coach will discuss your progress, questions and concerns, and reassess your goals for continued success!

**Los entrenadores bilingües están disponibles para los hispanohablantes.** Bilingual coaches are available to assist Spanish speakers. We can connect to translators for assistance in 250 other languages including American Sign Language (ASL).

**Whether you're ready to make a change, start working toward your goals or just have a question about your well-being, our coaches are here to help!** Coaching is strictly confidential—no information will be shared with your employer.



**855.424.6400**

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 **HealthAdvocate**<sup>SM</sup>