



# Health coaching

**Geisinger**

## **It's time to take care of you.**

We're here to support you. Our health coaches aim to build respect and rapport, empowering you to create positive, lasting lifestyle changes and reach your health and wellness goals.

## Health coaching is:

**A trusted resource.** Our coaches are certified, knowledgeable and caring.

**Tailored to you.** You'll experience interactive, personalized sessions to help manage weight, glucose (blood sugar), blood pressure, cholesterol, tobacco use and stress.

**Flexible.** Enjoy the convenience of telephonic health coaching, participating at a time and location that suits your busy lifestyle.

**No cost.** The benefits of health coaching are provided at no additional cost.

**Unlimited.** You'll have access to unlimited health coaching sessions to monitor your progress and to stay accountable and motivated.

## Let us help!

Enroll today and gain the support and encouragement you need to reach your goals. Work with a Geisinger health coach to set individualized health and wellness goals that fit your lifestyle.

Schedule an appointment with a health coach by contacting Geisinger health and wellness at 866-415-7138.

For resources and information on mental health visit [samhsa.gov](http://samhsa.gov). Geisinger Health Plan members also have access to personal assistance and a variety of resources for coping with behavioral health issues. Call the behavioral health care team toll-free at 888-839-7972 between 8 a.m. and 5 p.m., Monday through Friday.

Geisinger Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 800-447-4000 or TTY: 711.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (телетайп: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY: 711)。