



Because Life.™

WELLNESS SOLUTIONS 

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# Wellness Coaching

REACH YOUR GOALS WITH  
PERSONALIZED SUPPORT.



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# Get personalized coaching from your own Highmark wellness coach.

A coach can create a customized plan or recommend a program to help you:

- Lose weight.
- Quit smoking.
- Sleep better.
- Reduce stress.
- Manage chronic conditions.

And more. The best part? It's all included with your health insurance.

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Call 1-800-650-8442, Monday - Friday, to get connected with a coach or visit [HighmarkHealthCoachBCBSWNY.com](https://HighmarkHealthCoachBCBSWNY.com) to learn more.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-544-2583.

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 1-800-544-2583。



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