

# With Well-being Coach, it's *your* personal health journey!



## Your coaches are ready to support you.

Staying healthy can feel like a full-time job — especially when you have an ongoing health condition or a busy schedule.

What if you had a coach or even a whole coaching team to answer that quick question, and keep you on track, motivated and successful? With Well-being Coach, you do — and at no extra cost to you!


Here's the big idea in four simple steps:

**1**




You and your coach will identify habits you want to change, such as losing weight or quitting tobacco.

**2**




You'll develop custom action plans to make those changes.

**3**



You'll figure out what kind of resources and support you need to maintain your new, healthier habits.

**4**



Connect with your coaches via click to chat or by phone.

**Ready to begin your personal  
health journey?**

Want to learn more about Well-being Coach?  
We're happy to help! Simply call **1-844-507-8472**.

**Anthem** 

 **COVAcare**

**COVA HDHP**

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