



**BlueCross
BlueShield®**
Global



Global Wellness Coaching

A wellness coach can help assess current levels of health and wellness, and will work with you to improve it. Trained by the Mayo Clinic, wellness coaches motivate and teach members the information they need to know to reach their wellness goals.

A wellness coach can help members adopt a healthier lifestyle by offering strategies for:

- Weight loss
- Healthy eating
- Exercise and physical activity
- Smoking cessation
- Stress management
- Adopting a healthier lifestyle

The wellness coaching program includes up to five phone sessions with a wellness coach. The first call with a wellness coach involves a review of past health and wellness experiences and preferences. It also involves developing an action plan to reach an identified goal. Subsequent calls with the coach serve as check-ins on progress or any challenges being encountered. Further guidance can be provided when applicable to reaching a specific goal.

Contact us today to learn more about this wellness benefit and to begin a healthier lifestyle!

Access is easy!

No matter when, no matter where, free, confidential support is available by phone, email, or web.



Use the GeoBlue Mobile App:

- Click telehealth button
- Click talk to a counselor



E-mail

support@worldwideassist.co.uk



SMS Texting

+44-790-934-1229

Standard text messaging rates may apply. Please include your name, country location, and a phone number where you can be reached.

Calls placed from mobile phones or Internet- based lines (VOIP) are carrier dependent and not guaranteed. Please log on to the website for additional information.



Wellness Portal

www.geo-blue.com

To request a counselor go to 'Contact a Counselor'" under 'Centers' within the wellness portal homepage

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