

# Let Lifestyle Coaching help you create your healthy game plan

Imagine having your very own health coach who can give you advice and help you overcome barriers to live a healthier lifestyle. With Blue Cross Blue Shield of Michigan's Lifestyle Coaching program, powered by WebMD®, that dream becomes a reality.

Lifestyle Coaching helps you take small daily steps toward healthier choices. Health coaches work with you over the phone to help you reduce your health risks by helping you set realistic goals and sharing tools and techniques you can use every day. They can help you set goals to increase your activity level, decrease your stress, lose weight and more.

Here's what you can expect:

- **It's professional.** Coaches hold bachelor's degrees in health-related fields, and many have advanced training in specialties such as stress reduction, tobacco cessation and personal training.
- **It's personalized.** Your coach will take into account your interests, lifestyle and schedule to devise a tailored program that works for you.

Let Lifestyle Coaching help you win with a healthier lifestyle. To schedule a session with a health coach at a time and day most convenient for you, just:

- Use the appointment scheduler on the Blue Cross® Health & Wellness website.
  1. Log in to your member account at **bcbsm.com**. You'll need to register if it's your first visit.
  2. Click on the *Health & Wellness* tab at the top of the page. This will take you to the Blue Cross Health & Wellness site. You'll also need to register for the Blue Cross Health & Wellness site if it's your first visit.
  3. Click on *Health Coach* under the *Healthy Living* tab.
  4. Click on *Schedule online* under *Schedule Your Call Now*.
- Call 1-855-326-5102 to schedule a call by phone.



**Lifestyle Coaching health coaches are available:**

**Monday through Thursday:** 9 a.m. to 11:30 p.m.

**Friday:** 9 a.m. to 8 p.m.

**Saturday:** 9:30 a.m. to 6 p.m.

**Sunday:** 1 p.m. to 11:30 p.m.

All hours are Eastern Standard Time.

WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and wellness services.



**Blue Cross®**  
HEALTH & WELLNESS