



Connect with a coach today!

# On your side

## Partner with a health coach today.

Don't go it alone. You have access to professional health and wellbeing coaches with expertise in a wide variety of topics. They're waiting for you and ready to be your partner, cheerleader, confidant and guide.

With health coaching, you'll get:

- Access to skilled experts in nutrition, stress, fitness and more
- Confidential one-on-one conversations that include helpful tips you can immediately use
- Guidance and encouragement to help you establish realistic healthy new habits

## Let's gets started!

In your Personify Health account click on the Health tab at the top of your dashboard and choose Coaching to schedule your first session!

If you haven't already created a Personify account visit:

[www.bcbst.com/healthbenefits](http://www.bcbst.com/healthbenefits)

and click on "Member Wellness Center."