

Health Coaching

The support you need whenever you need it



Health Coaching – 24/7

The Excellus BlueCross BlueShield Health Coaching program can provide you with answers to virtually any health care question you might have 24/7. From reliable information regarding treatment options, to help thinking through a health care decision, to assistance managing a current condition. They're available to you anytime.

What a Health Coach can do for you:

- Develop a personalized wellness plan based on your needs and your budget
- Coach and motivate you to help change unhealthy behaviors
- Research providers and programs that fit your needs
- Provide preventive health information for developing healthy habits
- Help manage chronic conditions

Call a Health Coach when you need:

- Caring support from someone who has the time to listen to you and answer your questions
- Assistance managing chronic conditions such as asthma, diabetes and heart disease
- Information to prepare for medical tests, procedures and surgery
- In-depth information on treatment options for complex medical issues
- Help making the most of your health care provider visits
- Educational materials sent to your home at no charge
- Information on symptoms being experienced
- Tips for communicating concerns with a doctor

Even more information available online

If you're looking for credible information on conditions, treatments, procedures, preventive care, medications and more, you'll find it online with our Healthwise® Knowledgebase. It connects you to more than 6,000 health topics with just a few mouse-clicks.

Ask a Health Coach today. Call 1-800-348-9786.

Service available to eligible Excellus BlueCross BlueShield members only.

Our Health Coaches act solely as a source for support and education. The information they provide is intended to support your physician's treatment plan. Always consult your physician when taking any medical action.

