

## Individualized health coaching with a Registered Nurse Certified Health Coach



Individual health coaching can support your journey toward optimal health through education and motivation. It's available to you at no extra cost.

## Areas of wellness focus

- One-on-one support from a Registered Nurse Certified Health Coach to help you:
  - Adopt healthy eating habits
  - Lose weight
  - Find ways to add more activity into your day
  - Learn ways to manage stress
  - Manage high cholesterol, blood pressure and blood sugar
  - Quit using nicotine
- Programs to help you learn about and manage blood pressure, diabetes and cholesterol, with additional programs done on request-all available at no extra cost.

## Sign up today!

Two easy ways to enroll for Florida Blue members and those 18 and older on your plan.



**Email:** nextsteps@floridablue.com

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**Call:** 800-477-3736, ext. 54837 TTY, call 800-955-8771 or 711 Monday–Friday, 8 a.m.–5 p.m. EST

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