



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](mailto:nextsteps@floridablue.com)



**Call:**

800-477-3736, ext. 54837

TTY, call 800-955-8771 or 711

Monday–Friday, 8 a.m.–5 p.m. EST