



Health Coaching with SelectHealth

Reaching your wellness goals might be closer than you think.

With the help of a nationally board-certified SelectHealth Health Coach, you can:

- > **Plan your wellness goals and how to reach them**
- > **Create healthy habits that last**
- > **Discover a wealth of health resources**
- > **Build your own personal support team**

This is your journey, but sometimes it helps to have a guide along the way. Your health coach empowers you to take the next steps on your path to wellness.

The best part? The cost of your participation is 100% covered.

Get started today.

Participation is voluntary and confidential. Contact SelectHealth at **800-538-5038** to learn more and find out if you're eligible.

Member feedback

"...it has been life changing! My mindset and actions have been positively impacted by talking with a health coach."

"The health coaching program is great for anyone looking to improve their lifestyle and get extra support to meet goals!"

"I was struggling to identify my "why" and I now have it. I didn't think health coaching was for me, I was wrong – this was something I did need!"

Discover your strengths and weaknesses by completing the Virgin Pulse Health Check®. Open your Virgin Pulse app and select "Health" then "Surveys." Find "Health Check" and select "Start."

