



# Health coaching with Select Health.

## Reaching your wellness goals might be closer than you think.

With the help of a nationally board-certified Select Health health coach, you can:

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

This is your journey, but sometimes it helps to have a guide along the way. A Select Health certified 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 Select Health 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."