



Health and Wellness Coaching

Personal guidance where and when you need it

Commit to your health — with a wellness coach.

Looking for ways to improve both your physical health and mental wellbeing? A wellness coach can help! Receive the guidance you need to support your physical, social and emotional wellbeing goals.

With a tailored and achievable approach that fits your lifestyle, your wellness coach will work with you to create a personal action plan. You'll set realistic goals and be held accountable without judgment.

Your coach can help you:

- Make healthier food choices
- Increase physical activity
- Prepare for tobacco cessation
- Manage stress
- Reduce risks associated with diabetes, high blood pressure and high cholesterol
- Prepare for medical appointments and offer support between visits

Multiple ways to engage:

- One-on-one phone coaching
- Live group coaching webinars

Daily activities to keep you moving forward

- Fun games, quizzes and videos
- Small bites of helpful information
- Access to group coaching classes

Get started — visit myEVHC.com and click on myHealthCenter today.

This program is powered by ActiveHealth. This Program is educational, and not intended to provide health care, medical care, or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. This Program is not intended to be a substitute for professional medical advice, diagnosis or treatment that can be provided by a member's own medical provider.