One-on-One Health Coaching

There's no doubt, making healthy lifestyle changes can be challenging. For example, it can be tough to lose weight or quit smoking on your own. With the HealthyBlue® Health Coaching program, you can get the support you need to make healthy lifestyle changes. Health Coaching offers one-on-one health support and guidance based on your overall personal health. When you enroll, you'll work with a health coach who will assess your current health, assist you with setting realistic health goals and give you information about how to maintain healthier habits independently. This program is available to most Blue Cross Blue Shield of Arizona (BCBSAZ) members*. There is no additional cost to enroll. All you need to do is call toll-free (866) 4-BCBSAZ (866-422-2729) and ask to enroll in a Health Coaching program. Or, if you take the My BluePrint℠ health assessment, a health coach may contact you based on the results.

Health Coaching is part of HealthyBlue, BCBSAZ's integrated program of tools, resources and services that can help you live a healthier lifestyle.

Get Started Today
Call: (866) 4-BCBSAZ (866-422-2729)
azblue.com/HealthyBlue

* Health coaching is not available for Medicare supplement members nor FEP members. Availability of services and programs may vary. Certain services are provided by an independent third party contracted with BCBSAZ to provide health enhancement services to BCBSAZ members.

WITH HEALTH COACHING, YOU'LL GET:

- A Personal Health Coach
- Online and Telephone Support
- Printed Program Materials

YOUR PERSONAL HEALTH COACH CAN HELP YOU:

- Lose weight
- Be more active
- Ease stress
- Eat healthier foods
- Gain energy
- Quit smoking

LIFESTYLE CHANGE

BlueCross BlueShield of Arizona
An Independent Licensee of the Blue Cross and Blue Shield Association