

Virtual Coaching Pathways to Healthy Living



HealthyBlue® offers innovative health and wellness programs including Virtual Coaching. This helps you take an active role in improving your health and quality of life.

Available for Blue Cross Blue Shield of Arizona members, Virtual Coaching is an action-oriented, confidence-building health program. Participants start by selecting a focus area such as healthy weight, taming stress or improving nutrition. It is a self-paced, customizable program where you can build healthy to-do lists based on your current level and progress within your focus area of choice.

You'll get weekly motivational e-mail reminders emphasizing the goal of the week along with sample meal plans, fitness tools, and tips to keep you moving toward weekly milestones and better health. You can access the program online any time, from anywhere at your convenience on azblue.com.

Get Started Today

There's no cost and no better time to start than right now. Visit azblue.com/HealthyBlue and enter your information into the My BluePrintSM health assessment and you'll be on your way to healthy living.

Learn More

Call: 877-694-2583

Click: azblue.com/HealthyBlue

VIRTUAL COACHING CAN HELP YOU TAKE STEPS TO A HEALTHY LIFESTYLE AND OFFERS SUPPORT FOR THE FOLLOWING FOCUS AREAS:

- Reaching a healthy weight
- Improving your diet
- Feeling less stressed
- Being more active
- Living tobacco free

azblue.com/HealthyBlue

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