

One-on-One Lifestyle Coaching



With the HealthyBlue® Lifestyle Coaching program, you can get the support you need to make healthy lifestyle changes. Our Lifestyle Coaches are full-time clinical staff who offer one-on-one personalized, telephonic and online health support to jump-start achievement of your personal health goals.

When you enroll, you'll work with a lifestyle coach who will assess your current health, assist you with setting realistic health goals and give you tips and tools to help you maintain healthier habits independently. Your coach will outreach to you monthly to keep you on track, and if you need additional support, you can contact your coach directly as much as you want.

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 866-422-2729 and ask to enroll in a Lifestyle Coaching program, or enroll online at azblue.com. Remember, if you take the My BluePrintSM health assessment, a coach may also contact you based on the results.

Lifestyle 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: 866-422-2729

Or enroll at azblue.com/HealthyBlue

WITH LIFESTYLE COACHING, YOU'LL GET:

- A personal health coach
- Online and telephone support
- Printed program materials

YOUR PERSONAL LIFESTYLE COACH CAN HELP YOU:

- Lose weight
- Be more active
- Ease stress
- Eat healthier foods
- Live tobacco free

* Lifestyle coaching is not available for Medicare supplement members nor FEP members. Availability of services and programs will vary. Not all programs may be available to all members. Certain programs, such as lifestyle coaching, have eligibility requirements. Blue Cross Blue Shield of Arizona members should always consult with their physician or healthcare provider regarding medical care or treatment as recommendations, advice, services or online resources are not a substitute for the advice, opinion or recommendation of a member's physician or healthcare provider. Services or treatment options may not be covered under BCBSAZ benefit plans. Certain services are provided by an independent third party contracted with BCBSAZ to provide health enhancement services to BCBSAZ members. All logos, photos, illustrations word marks, trademarks and service marks are property of their respective owners. © 2015 Blue Cross Blue Shield of Arizona.



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