

Wellness Coaching

**REACH YOUR GOALS WITH
PERSONALIZED SUPPORT.**



Get personalized coaching from your own Highmark wellness coach.

Your coach can support you with:

- Losing weight
- Quitting smoking
- Sleeping better
- Reducing stress
- Managing chronic conditions

And more. It's all included with your health insurance.

Call 1-800-650-8442 to get connected with a coach. 8:30 am - 8:30 pm Mon-Fri ET or visit [HighmarkHealthCoachBCBS.com](https://www.HighmarkHealthCoachBCBS.com) to learn more.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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