



Individualized health coaching with a Registered Nurse Certified Health Coach

Individual health coaching can support your journey toward optimal health through education and motivation. It's available to you at no extra cost.

Areas of wellness focus

- One-on-one support from a Registered Nurse Certified Health Coach to help you:
 - ◆ Adopt healthy eating habits
 - ◆ Lose weight
 - ◆ Find ways to add more activity into your day
 - ◆ Learn ways to manage stress
 - ◆ Manage high cholesterol, blood pressure and blood sugar
 - ◆ Quit using nicotine
- Programs to help you learn about and manage blood pressure, diabetes and cholesterol, with additional programs done on request—all available at no extra cost.

Sign up today!

Two easy ways to enroll for Florida Blue members and those 18 and older on your plan.



Email:

nextsteps@floridablue.com



Call:

800-477-3736, ext. 54837

TTY, call 800-955-8771 or 711

Monday–Friday, 8 a.m.–5 p.m. EST