



Lifestyle Management Coaching – *because you matter*

Life improvement begins with self-improvement.

Lifestyle management coaching is confidential and is provided by highly trained and qualified experts who have been in your shoes and faced their own health challenges. Together, you'll create a plan to help you meet the goals you want to achieve or maintain to live a healthy, happy life. A coach will be your accountability partner to help you stay on track and celebrate your success.

Work with a coach to:

- Build a fitness routine you enjoy and can stick with
- Plan healthy meals for you and your family
- Determine life stressors and how to better manage them daily
- Strategize a weight-management plan to keep you feeling your best
- Create a plan to help you quit tobacco or vaping for good
- Spice up your exercise routine or healthy eating plan

Who can participate in coaching?

Coaching is available to eligible members. You don't have to have a specific medical condition or health issue to be able to work with a coach. A coach can help you make healthy decisions to lower your blood pressure, cholesterol or reduce your stress. They can also partner with you as an extra layer of support to help you maintain your current health and well-being, or even take that a step further.

How do I sign up for coaching?

You have two options:

1. Call 855-430-5277 and select option two. You will learn more about lifestyle management coaching and get answers to your questions. We'll schedule your first call with a coach based on your availability and what's most convenient for you.
2. You can also enroll digitally through the Sharecare app! Register or sign-in at healthnetoregon.sharecare.com, then navigate to **Achieve**, and click on **Coaching**. You will answer a few short questions and a coach will reach out to you to schedule or complete your first session. It's that easy!

Believe in us. We believe in you. Get started today.

healthnetoregon.sharecare.com | 855-430-5277 | MONDAY- FRIDAY 7:00 AM - 9:00 PM |
SATURDAY 8:00 AM - 4:30 PM



Coaching is available to all eligible members. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact customer service at 855-430-5277.

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