



BlueCross  
BlueShield  
Arizona

sharecare



# Your personal best starts with a personal *coach.*

Life can get so busy that it's sometimes easy to lose sight of our personal health goals. Having extra support and encouragement can make a difference in actually achieving those goals. As part of your wellness program, you have access to Lifestyle Coaching through Sharecare.

- Lifestyle coaching is available to you at no additional cost.
- Coaches are highly trained, qualified experts with backgrounds in nutrition, psychology, public health, and more.
- Phone calls are 20 minutes or less, and occur every 4 to 6 weeks.
- Coaches can help you with goal setting, problem solving, and accountability.

## Your Lifestyle Coach is a motivator, educator, and partner who can:



SUPPORT YOUR WEIGHT  
LOSS GOALS



ENCOURAGE YOUR EFFORTS  
TO QUIT USING TOBACCO



CHALLENGE YOU TO BE  
MORE ACTIVE



HELP YOU SET  
REALISTIC GOALS



HELP YOU FIND HEALTHY  
WAYS TO COPE WITH STRESS



SHARE HEALTH TIPS  
AND TOOLS



CREATE A PLAN TO HELP  
YOU EAT HEALTHIER



HELP YOU STAY MOTIVATED

## Get started with your Lifestyle Coach today

- Log in to the app or [azblue.sharecare.com](https://azblue.sharecare.com)
- Click "Achieve," then choose "Coaching"
- Answer the enrollment questions
- Click to schedule your first call

Or call  
**1-877-292-1359**

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**I AM**   
**HEALTHY**  
Arizona