

Personalized Wellness Coaching

Are you ready to make a change? You don't have to do it alone. Our wellness coaching services offer extra support when you're ready to change your life — helping you make a plan, and then offering the resources, guidance, and encouragement you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

- Weight management
- Smoking cessation
- Fitness and exercise
- Stress management
- Overall lifestyle improvement
- Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease

What to expect

Just give us a call, and we'll help you schedule an initial goal-setting consultation with your coach. In this 45- to 60-minute phone call, you and your coach will talk about your health status now and what has and hasn't worked for you in the past. Then you can work together to set goals that are realistic and achievable.

Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

- Schedule follow-up calls with your coach
- Reach out as needed via phone, email, or IM (coaches are available Monday through Friday from 8:00 a.m. to 8:00 p.m. throughout the continental United States)
- Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal
- Receive personalized emails and coach-chosen materials

This is the right time to make a change, and we're here to help. MHN's personalized coaching services are separate from medical benefits offered by your employer. This is just a summary. For details about services and eligibility, please contact MHN, check your plan documents, or contact your employer.



Call toll-free, **24 hours a day**, seven days a week.

TTY users can call:

Visit our website:

REGISTRATION CODE:

Please contact us for details, including limitations and exclusions.

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我們和您說一樣的語言!

我們為致電 MHN 的客戶免費提供超過 170 種語言的口譯服務。如果您在和醫師或其他醫療服務提供者溝通時需要幫助，我們也有簽約服務商能陪同您前往約診，而且您不須支付費用。

We speak your language!

When you call MHN, free interpretation services are available in over 170 languages. We also contract with a vendor who can physically attend appointments with you, at no cost, if you need help communicating with doctors or other providers.

귀하의 언어로 안내해드립니다!

MHN에 전화하면 170 가지 이상의 언어로 무료 통역 서비스를 이용하실 수 있습니다. 저희는 또한 귀하가 의사 또는 다른 의료 제공자들과의 의사소통에 도움이 필요한 경우, 무료로 귀하의 진료 예약에 동반할 수 있는 통역사와 계약을 맺습니다.

¡Hablamos tu idioma!

Cuando llames a MHN, podrás usar nuestros servicios de interpretación gratuitos en más de 170 idiomas. Además, contamos con proveedores contratados que pueden asistir en persona a tus citas, sin cargo alguno, en caso de que necesites ayuda comunicándote con los médicos u otros proveedores.

Chúng tôi nói ngôn ngữ của quý vị!

Khi quý vị gọi tới MHN, chúng tôi cung cấp dịch vụ thông dịch miễn phí bằng hơn 170 ngôn ngữ. Chúng tôi cũng ký hợp đồng với nhà cung cấp có thể trực tiếp tham gia các buổi hẹn với quý vị miễn phí, nếu quý vị cần trợ giúp để liên lạc với bác sĩ hoặc các nhà chăm sóc sức khỏe khác.