

# Wellness Coaching

MIIA Wellness recognizes that health and well-being are unique to each individual. That's why we offer wellness coaching to support you in achieving your personal health goals. This benefit, available to MIIA/Blue Cross subscribers, provides up to 10 free one-on-one coaching sessions with a certified wellness coach per fiscal year. All calls, whether by phone or virtual, are confidential and HIPAA compliant. The information will be shared only between you and your coach, no one else.



## What is a wellness coach and how can they help?

A wellness coach is your partner, trained to help you determine your needs, identify pathways to your goals, and empower you to take action. They provide guidance, accountability, and support to cultivate a healthier lifestyle. You can count on your coach to believe in you every session through curiosity, compassion and focused listening. Together, you'll identify short and long-term goals, which could include:

- Weight loss and maintenance
- Healthy eating
- Becoming more active
- Increasing energy
- Better sleep
- Improving self-esteem
- Developing resilience
- Enhancing relationships
- Organizational skills
- And more...

Take advantage of this valuable opportunity to work one-on-one with a wellness coach. It's private, customized, convenient, and most importantly, provides you with the support to live a healthier life!

It's easy to get started. Contact one of our certified wellness coaches today, or go to [www.miiawinners.org/wellness-coaches/](http://www.miiawinners.org/wellness-coaches/) to learn more.

- Janet Fontana – [janet@janetfontana.com](mailto:janet@janetfontana.com)
- Jen Fournier – [jen@jenniferfournier.com](mailto:jen@jenniferfournier.com)
- Kiera Malowitz – [newengland@decluttered.us](mailto:newengland@decluttered.us)
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Free program open to all MIIA/Blue Cross members on an active plan.

