



FREE Individualized Health Coaching Sessions

According to the Centers for Disease Control and Prevention, when people live an unhealthy lifestyle, this could cause chronic diseases, such as heart disease, cancer, and diabetes.

Did you know: Chronic diseases account for 70% of all deaths in the United States, which is 1.7 million each year.*

Benefits of Health Coaching Sessions

- These sessions are available in English, Spanish and Creole.
- **FREE** health coaching sessions over the phone or at work are offered to members for develop their personal wellness plan.
- Provide assistance in making better choices for a healthier lifestyle including:
 - o Healthy eating habits
 - o Healthy weight
 - o Increase physical activity
 - o Reduce stress levels
 - o Lower cholesterol
 - o Normal blood sugar levels
 - o Prevent high blood pressure
 - o Quit the use of tobacco products
- Provide tools and resources to reach your wellness goals
- Smoking cessation programs are offered telephonic and at work
- Provide information to empower members to make informed health care decisions

* www.cdc.gov/NCCdphp/index.htm

For more information or to enroll in Blue Cross and Blue Shield of Florida's Better You from Blue: Next Steps program, you can email us: NextSteps@bcbsfl.com or call us: **1-800-477-3736, extension 54837**



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