Do your heart some good

Team up with a Providence health coach at no cost to you!

Heart disease (which includes stroke and other cardiovascular diseases) is the leading cause of death for both men and women in the United States. The good news? Most of the time heart disease is preventable by adopting a healthy lifestyle. A coach will support your efforts to make healthy choices and can be a needed resource to a healthier, happier you. Your health coach can work with you online or by phone to get you motivated and keep you motivated all year long.

Join the 92% of health coaching participants who see improvements in their health and wellness every day!

What will you do with your 12 free health coaching sessions?

- Discover new ways to manage stress and improve sleep
- Explore a balanced approach to weight management
- Adopt a whole foods, Mediterranean style diet
- Create a balanced and enjoyable physical activity routine

ENROLL NOW

Visit ProvidenceHealthPlan.com/healthcoach or call 888-819-8999 or 503-574-6000 (TTY:711) to enroll in the program.