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Health Coaching

Take time for your well-being
Reach your goals with support from a Providence health coach

Staying committed to health and well-being isn’t always easy. Sometimes you need a little support—someone to help you set goals, motivate you when you need a nudge, help you remove barriers, and hold you accountable when you don’t feel like making healthy choices. For Providence Health Plan members, health coaching is offered at no cost.

The Providence Health Coaching program provides:
- Twelve one-on-one health coaching sessions per year, online or over the phone
- Personalized goal setting with manageable steps
- Programs designed to empower you to lose weight, improve your diet, manage stress, exercise or stop using tobacco

To enroll in health coaching, call 888-819-8999 (TTY:711) or visit ProvidenceHealthPlan.com/healthcoach