

“With the right support, I know I can reach my wellness goals.”



Lifestyle management coaching from Harvard Pilgrim.

Reaching a wellness goal may seem out of reach at times, even with the best of intentions. Having the proper support can be the difference between failure and success. Harvard Pilgrim’s Lifestyle Management Coaches can help guide you to your best health yet.

No matter what challenges you face, our Lifestyle Management Coaches will support, educate and motivate you on your way to better health. Our coaches are nationally certified and ready to help you achieve a wide range of health goals. During one-on-one telephonic coaching sessions, your Lifestyle Management Coach will help you adopt a healthy lifestyle.

Coaching you to better health if you need help with:



Controlling blood pressure



Smoking cessation



Managing weight and eating better



Reducing stress and finding life balance



Increasing physical activity



Dealing with back pain

Programs are tailored just for you and will help you identify barriers to wellness and lifestyle management, work with you to set realistic personal health goals and monitor your progress!

Contact your Lifestyle Management Coach today!

- Members log in or create an account by visiting harvardpilgrim.org/livingwelleveryday
- Or, call **(877) 594-7177**.

The individuals shown are representative only. The comment is a composite of sentiments often expressed by our members.