



Because Life.™

WELLNESS SOLUTIONS

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# Wellness Coaching

REACH YOUR GOALS WITH  
PERSONALIZED SUPPORT.



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# Get personalized coaching from your own Highmark wellness coach.

A coach can create a customized plan or recommend a program to help you:

- Lose weight.
- Quit smoking.
- Sleep better.
- Reduce stress.
- Manage chronic conditions.

And more. The best part? It's all included with your health insurance.

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Call 1-800-650-8442, Monday – Friday, to get connected with a coach, or visit [HighmarkHealthCoachBCBS.com](https://HighmarkHealthCoachBCBS.com) to learn more.

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