

Get personalized coaching from a Highmark wellness coach.

Call 844-946-6238 to connect with a 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

How To Be Tobacco-Free

Prepare to quit, get support while you quit, and look forward to a tobacco-free lifestyle.

The **How To Be Tobacco-Free** program was developed with the help of ex-tobacco users and tobacco cessation experts. Talk to a wellness coach about a plan to quit tobacco.

You'll learn strategies to:

- Identify and meet your nicotine triggers head-on.
- Anticipate and plan for challenges.
- Reduce withdrawal symptoms.
- Combat cravings.
- Cope with stress.
- Set and reach your goals.
- Plan for success.

My Weight Management Journey

Maintaining a healthy weight is important for overall health and well-being.

The **My Weight Management Journey** program is designed to help you build the skills to manage your weight and keep it off.

Your wellness coach will guide you through:

- Finding the right nutrition approach.
- Mastering food labels and portion sizes.
- Staying on track with an exercise plan.
- Planning meals and shopping for food.
- Breaking down barriers and behaviors that slow progress.
- Keeping weight off long term.

