

Lifestyle Coaching Programs

Want to improve your health? Call your coach!

If you're ready for a new way to look at wellness, try working with a lifestyle coach. It's telephone-based and allows you to track your progress online. It's convenient to your schedule. And it's customized to meet your unique needs.

- Work with your health coach over the phone, who will help you set goals, work through trouble spots, and find ways to succeed that work for you.
- Go online for tools and trackers to help you succeed.
- Get a bonus gift for completing 3 coaching sessions. Choose from a wireless scale, a wireless blood pressure monitor, a wireless activity monitor that tracks your workouts online, and more!

MVP offers personal lifestyle coaching programs to help you with:

- Fitness, Nutrition or Weight Management
- Stress Management
- Tobacco Cessation
- High Blood Pressure or High Cholesterol
- Healthy Living

Coaching sessions include:

- One kickoff phone session (up to 30 minutes) with a health coach to get an overview of the program, set initial goals, and establish a relationship.
- One general assessment phone session per year to establish your baseline data and review your medical history and prescription medication.
- For tobacco cessation participants, a pre-quit coaching phone session with a health coach to develop a strategy for quitting and identifying coping skills for success.
- Up to 52 coaching sessions by phone per year (one per week).



You'll receive award-winning educational resources to help you make better health decisions, such as:

- A weight management manual or tobacco cessation manual.
- Supplemental diet and exercise guides for specific medical conditions.
- Self-care mental imagery or relaxation skills modules.

Your coaching program also includes access to online tools, such as:

- An extensive health library with over 1,000 articles on health-related topics
- Health trackers
- Customized exercise and meal planners
- Your personal health calendar

Plus when you complete your first three coaching sessions you will receive your choice of:

- Pilates Kit
- Yoga Kit
- Wireless Scale
- Wireless Blood Pressure Monitor
- Wireless Workout Monitor

**Call toll-free at 1.877.748.2746
to schedule a session**

(Monday - Friday, 8 a.m. - 9 p.m. Eastern Time)

www.mvphealthcare.com

“ For the first time ever, I feel like this is something that I can stick with for a long time! It's so easy and the results are so worth it!”

— **Andrea,**
Coaching Participant

“ My coach helped to teach me about diet and nutrition, but was keen on recognizing when I was doing well and where I was having issues and concerns. We were able to pinpoint those things and get them resolved.”

— **Mark,**
Coaching Participant

These benefits are offered by MVP Health Plan, Inc., MVP Health Insurance Company, Preferred Assurance Company, Inc. and MVP Health Insurance Company of New Hampshire, Inc.