



Individualized health coaching with a Registered Nurse Certified Health Coach



FREE individual health coaching can support your journey towards optimal health through education and motivation.

Areas of wellness focus:

- Provide assistance for you to make healthy choices and manage:
 - ◆ Healthy eating habits
 - ◆ A healthy weight
 - ◆ Physical activity
 - ◆ Stress
 - ◆ Cholesterol
 - ◆ Blood sugar
 - ◆ Blood pressure
 - ◆ Nicotine dependence
- Provide targeted Clinical Education Programs
- Provide tools and resources to help you reach your wellness goals
- Provide information that empowers you to make informed health care decisions

Two easy ways to enroll for Florida Blue members 18 years of age and older on the plan.



Email:
nextsteps@floridablue.com



Call:
1-800-477-3736, ext. 54837
TTY, call 1-800-955-8771 or 711
Monday - Friday, 8 a.m. - 5 p.m. EST