

Wellness Coaching Provides Personalized Guidance and Support

It's no secret that the best teams look to their coaches for help in reaching the top. Now you can, too. With Well onTarget's Wellness Coaching, you can find the support you need to be your best.

Our Wellness Coaching is based on evidence-based guidelines and proven techniques of motivation and goal setting.

YOUR TRUSTED ALLY

A Wellness Coach works with you to design a plan to help you determine your wellness goals. First, your coach will take a look at your lifestyle and habits. Your coach can help you figure out what's most important to you and what you need to be successful. Best of all, your coach can offer you inspiration and ideas.

REACHING OUT

Through the Well onTarget Member Wellness Portal at wellontarget.com, you can exchange secure messages with your coach. By calling the phone number on your portal dashboard, you can speak directly with your coach or request a callback. These convenient options make it easy for you to keep in regular contact with your coach.

You can also contact your coach through the Well onTarget mobile app.



"How many days a week do you currently exercise?"

With Well onTarget's Wellness Coaching, you can form trusted relationships that could give you the added support you need to take action.

Program Descriptions

Our team is made up of credentialed and certified health experts, including dietitians, nurses, personal trainers and other specialists. Coaches can work one-on-one with you to discuss three core areas — stress, physical activity and nutrition. You can sign up for one program at a time.

STRESS MANAGEMENT PROGRAM

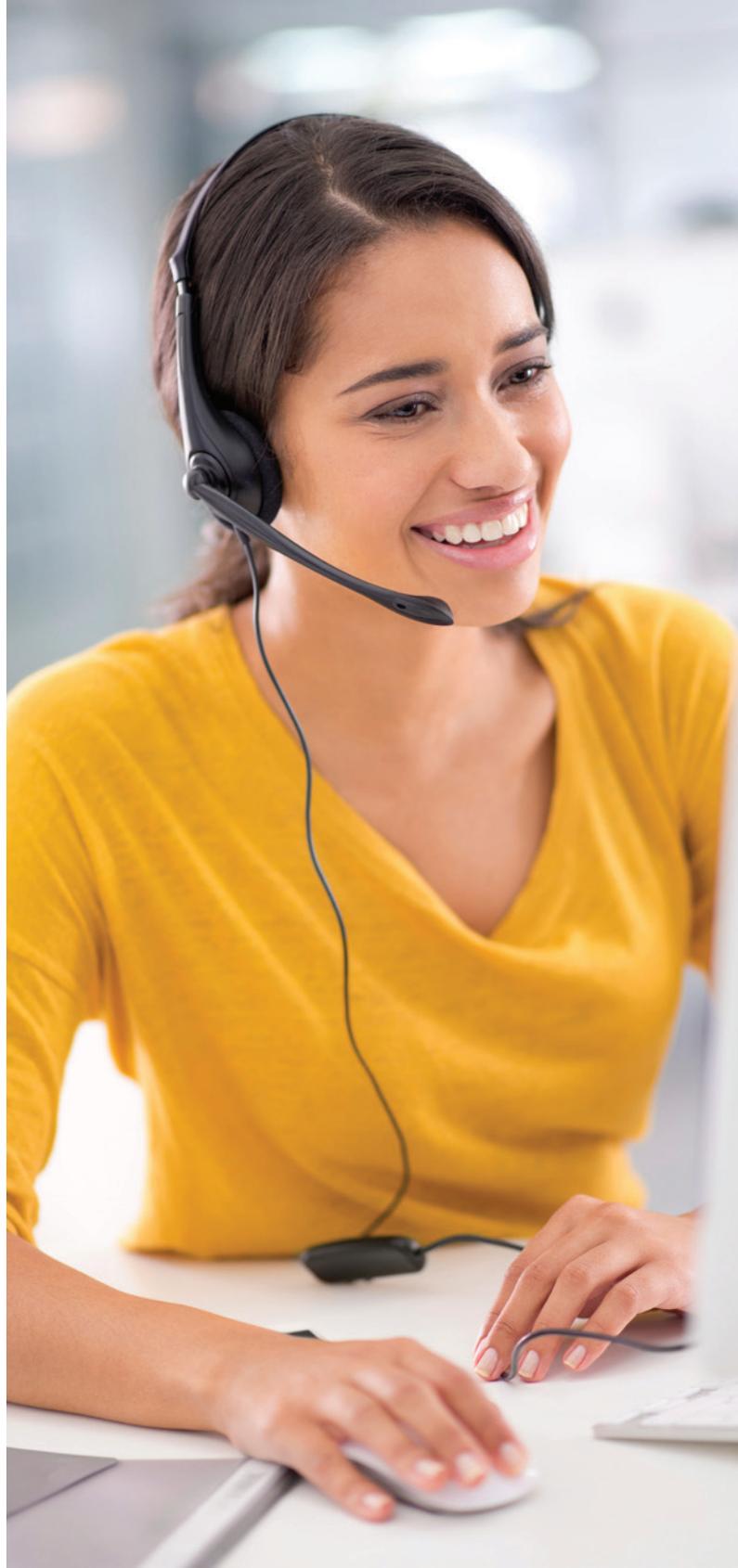
Find out how to look at the stress in your life and learn what's causing it. Your coach can help you find creative, healthy ways of thinking and acting that could combat stress. Learn relaxation techniques you can use. Online trackers let you record and chart your daily stress levels, which you can share with your coach.

PHYSICAL ACTIVITY PROGRAM

Sometimes, the hardest thing about exercising is making working out a key part of your day. Your coach will help you make a plan that's right for your fitness level, lifestyle and goals. This plan consists of a mix of cardio, strength training and flexibility exercises. Trackers can help you log your progress, which you can share with your coach.

NUTRITION PROGRAM

We can put you in touch with a registered dietitian, who can help you understand your relationship with food. Your coach can share ideas for making healthy eating choices. Online trackers let you log the food you eat, learn the nutritional value of your meals and share the information with your coach.



Prioritize your coaching.
Take the Health Assessment today to find out which program is right for you.