



Wellness Telephone Coaching

Find Your Path to Health and Wellbeing

There is no one size fits all approach to wellbeing. The terms health and wellbeing can mean different things to each of us as our health goals often differ. MIIA Well Aware understands this by offering Health Coaching to help you reach your goals. Our health coaching benefit, available to MIIA/Blue Cross members, includes up to 10 free 1-on-1 telephone coaching calls with a certified coach per year.

Coaches provide the guidance, accountability and support you need to live a healthier lifestyle. You and your health coach will work together to identify short and long-term goals. Examples of some topics you can address are improving self-esteem, developing resilience, weight loss, healthy eating, increasing energy, moving your body more, maintaining weight loss, smoking cessation, enhancing relationships and more.

Don't miss out on a chance to have private, customized and convenient support to help you live a healthier life!

It's easy to get started. Just contact one of our certified wellness coaches and set up your first call.

- Janet Fontana – janet@janetfontana.com
- Jen Fournier – jen@jenniferfournier.com
- Trish Hart – hartmindbodysolutions@gmail.com
- Lori Lambert-Osburn – llambert-osburn@mma.org
- Jerry Posner – jerryposner@icloud.com
- Heidi Roth – heidi.roth1@gmail.com
- Tricia Silverman – tricia@triciasilverman.com
- Barb Stacy – coach@boldstephealth.com

Non-MIIA members can find certified coaches here: <https://www.noomii.com/>

WELLNESS TELEPHONE COACHING



What is a health coach?

Health coaches are different from other professionals. Teachers, for example, inform and educate; therapists focus on resolving emotional and psychological issues from the past; and mentors share experience and expertise. A health coach is a partner.

Health coaches are trained to help you discover what you need, identify how you can achieve your goals, and empower you to take action steps.

A coach won't tell you what to do or what you need to learn. A coach will assist you in uncovering strategies to help you reach your goals and support you through challenges. He or she helps you learn from today to live a healthier tomorrow.

What can I expect in a coaching session?

In the initial coaching session, you will discuss your goals and/or discover your vision for wellbeing. Your coach will assist you in designing short and long-term goals, and ask you to commit to the process. In subsequent sessions, you will focus on how your past week went, celebrate successes, learn from challenges, and identify alternative strategies if needed.

You can count on your coach to believe in you each and every session through curiosity, compassion and focused listening.

A few comments on wellness coaching.

MIIA/BCBS member's experience coaching with Tricia Silverman:

"All areas of my life have improved. My well-being, my spirit, my health, and my desire to exercise. Not to mention weight loss. Thanks to Tricia I have wonderful motivation now."

MIIA/BCBS member's experience coaching with Jerry Posner:

"Thank you for offering wellness coaching. It is something I have been curious about and jumped at the opportunity when I learned it was available through MIIA. Jerry truly has a gift of helping others help themselves through positivity, gratitude, empathy, and humor!"