Want a healthier lifestyle?
Try Wellness Coaching

You don't have to do it alone. The Wellness Coaching program offered by Go365 by Humana® can help! Available to all Group Medicare members, our coaching program helps you develop an action plan for your health and well-being goals. Each coach is a National Board-Certified Health and Wellness Coach.



What does a coach do?

- Works with you to create a personal vision for your health and well-being
- Brings clarity to your goals and priorities
- Helps you find your hidden motivation
- Provides accountability and support

What areas can a coach help you with?

- Weight management
- Healthy eating
- Physical activity
- Blood pressure
- Cholesterol
- Back care
- Managing stress
- Quitting tobacco
- And more

Trying to quit tobacco?

Your coach will work with you to create a personalized quit plan. A good quit plan, along with the support of nicotine replacement therapy such as nicotine patches, gum and lozenges, may increase your chance of success. Wellness Coaching provides up to 3 months' worth of these supplies at no cost to you.

Ready to get started?

Call us today at **877-567-6450 (TTY: 711)**, 8 a.m. – 6 p.m., Eastern time

Wellness coaches do not provide medical advice and should not be used in place of consulting a medical professional. Please consult your doctor before starting a new diet or exercise regimen.