

Health Coaching

A Health and Wellness service for SummaCare members



Health coaching is a no cost, one-on-one, telephonic service used to help members prevent future chronic diseases. A health coach will help identify at-risk behaviors and provide lifestyle modification suggestions to improve your wellness.

Your health coach will discuss:

- Biometric results
- Exercise
- Physical activity
- Weight management
- Nutritional counseling
- Potential risk factors
- Goal setting

For more information
about the Health Coaching
program, please call
877.888.1164 (TTY 711) or visit
summacare.com.
