See how these convenient telephone sessions can help you improve your health, reduce your health risks, and increase your enjoyment of life!

Make the call for a healthier life!
A healthier life is “on the line” for you!

Would you like to quit smoking … lose weight … eat healthier … become more active … build lower back strength … manage stress … or improve your mood? Are you learning to manage, in cooperation with your physician, a chronic condition, such as diabetes or high blood pressure?

If the answer to one of these questions is “yes,” and you’d like to find someone who can help you make a plan that will work for you — and help you stick with it until you succeed, then …
Call a health coach!

UPMC Health Plan health coaches are up to date on the most effective ways to help you successfully make important positive changes in your life. Each health coach holds one or more advanced degrees and is a specialist in one or more professional fields: health education, counseling, nutrition, diabetes education, and exercise physiology.

Our health coaches are people you can really enjoy talking with. They are friendly and helpful. They are happy to answer your questions. And they are able to assist you in making the changes that are most important to you!
Ask yourself: Where would I like to start?

- Losing weight
- Quitting tobacco
- Becoming more active
- Managing stress
- Improving my mood
- Eating healthier
- Increasing lower back strength
- Learning to manage a chronic health condition

Call a health coach to learn more and to set up your personalized program.

Call 1-800-807-0751
Monday through Friday from 8 a.m. to 8 p.m. and Saturday 8 a.m. to 3 p.m.

Getting started is a great feeling — and you can get started today!
Here’s how health coaching works:

1. Call **1-800-807-0751** to talk with a health coach about how you can get started on making a lifestyle change that is important to you.

2. Receive printed program materials or access to online tools.

3. Enjoy telephone sessions with your health coach, according to a schedule you set together, at times that are convenient for you. Each session will have a different focus. Each session will help you reach your goal — and maintain your results.

4. Between phone sessions, take action on your personal step-by-step plan for reaching your goal by completing valuable activities on your own.

5. Complete your program, reach your goal — and celebrate your success!
Here’s what people are saying about health coaching:

Used with permission

Working with a health coach has been one of the greatest things I have ever done. I’m no longer “dieting” — instead I’ve made some life changes that I believe will stay with me forever. Now I recommend health coaching to my friends — because dieting never worked for them either!

My health coach was my ally in quitting smoking. It was great to know that I wasn’t alone. I knew my coach would call me each week to ask “How did you do?” That really kept me motivated. I had tried to quit several times. This time I made it … and I give my health coach a lot of credit.
I've always wanted to work on making some healthy changes, and the health coaching program allowed me to do just that. I started making better food choices and wearing a pedometer to measure my steps each day. The things I enjoyed most were the enthusiasm my health coach had and the positive feedback she provided. I would definitely encourage everyone to try this program and enjoy the good feelings they will get when they step on the scale or move into a new dress size. I did!

When I was diagnosed with diabetes, health coaching was a lifeline for me. My health coach helped me to understand my condition and the things I could do to regain control of my health and my life.

I lost one pound last week, two this week. The schedule you gave me really helped, and so did the encouragement and inspiration. I just wanted to say thank you!

Research shows smokers are twice as likely to quit successfully if they have behavioral assistance, e.g., a health coach … and six times more likely to quit if they combine behavioral assistance with a smoking cessation medication!

Health coaching services and materials are provided at no cost to you. Eligibility for specific health coaching services is determined by your employer. Call a health coach to learn about the services available to you.

Health coaching is a confidential service. All information is kept confidential according to UPMC Health Plan’s privacy policy (Notice of Privacy Practices). You may read our policy online at upmchealthplan.com, or you may call Member Services at 1-888-876-2756 to request a printed copy.