

With you every step of the way

Life Coaching for a healthier you

Life is full of surprises and challenges. Having the support of someone you trust can improve your emotional health and overall well-being.

You'll work with your life coach to develop and achieve your goals. Our certified coaches use evidence-based coaching techniques to help you succeed.

You will benefit from:



One-on-one support

Once you've enrolled in the program, an experienced coach will provide encouragement virtually.



A customized personal growth plan

You and your coach will work together to set goals and build a roadmap to achieve them.



Services provided via phone or video

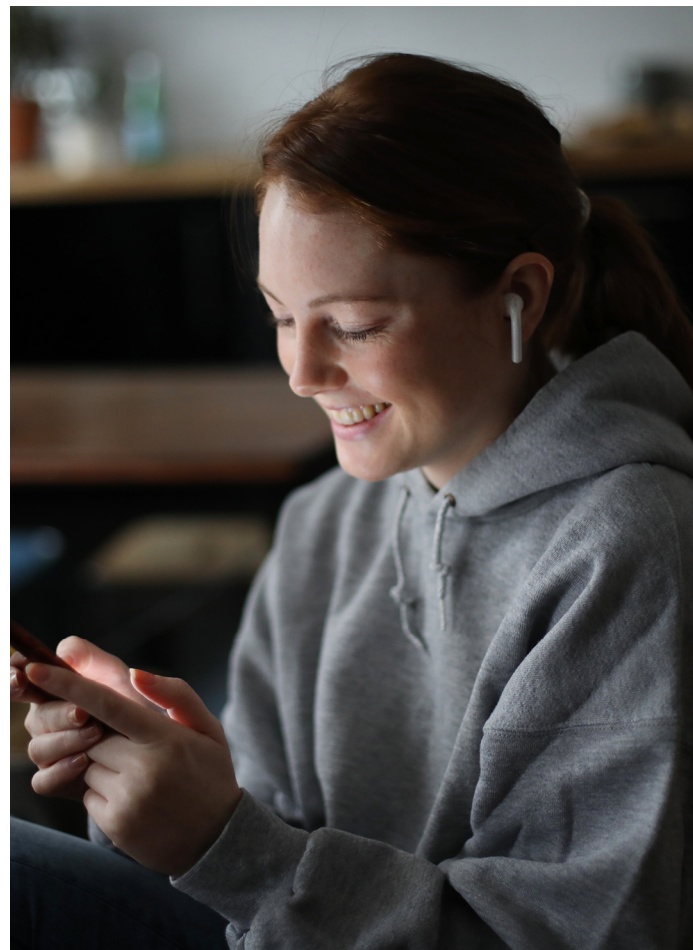
You can connect with your coach from the privacy of your home and at times that work for you.



No-cost, private services

The program is already included in your benefits. There is no additional cost to participate and all coaching services are private.

Coaching sessions do not count toward your Carelon Wellbeing benefit.



We can help with:

- Feelings of stress or anxiety.
- Handling everyday problems.
- Career development.
- Life changes.
- Achieving more in life.
- Finding work-life balance.

Get started now

Call today to enroll

877-275-6226

carelonwellbeing.com/ynhhs



Coaching is intended to supplement counseling and should not be considered a substitute for professional therapy or mental health services. For immediate help or if you require counseling services, please call the toll-free number on this flyer.

