



# Wellness Telephone Coaching

## Find Your Path to Health and Wellbeing

There is no one path to peak wellness. This free, 1-on-1 telephone coaching program (maximum of 7 coaching calls per year) is customized to your unique goals. Open to all MIIA/BCBS members.

The wellness coaches provide the guidance, accountability and support you need to create personalized strategies for a healthier lifestyle. Topics covered could include improving self-esteem, developing resiliency, losing weight, maintaining weight loss, tobacco cessation, enhancing relationships and more. Our professionally trained wellness coaches will help you identify your key short-term and long-term goals, and support you on your path to enhanced health and wellbeing.

**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](mailto:janet@janetfontana.com) or 508-846-0449
- Tricia Silverman – [tricia@triciasilverman.com](mailto:tricia@triciasilverman.com) or 508-612-0416
- Sandy Sarni – [ssarni@mma.org](mailto:ssarni@mma.org) or 617-840-4719
- Jen Fournier – [sveltewoman@msn.com](mailto:sveltewoman@msn.com) or 508-612-0405

This is a private, personal and convenient way to create your own strategies for feeling better, being healthier and getting stronger in both body and spirit.

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## How is coaching different than other support models?

Physicians and teachers inform and educate.... therapists focus on resolving emotional and psychological issues from the past ... mentors share experience and expertise ... coaches are specially trained to help you discover your own answers and move you into powerful action to create your future.

A coach won't tell you what to do or what you need to learn. It's your call. A coach will support you on your path to wellbeing, assist in strategizing solutions when challenges arise, and help you build your personal skills. A coach stays by your side as you learn from both your challenges and your successes.

A coach helps you discover and plan today so that tomorrow will be different than yesterday.

## What can I expect in a coaching session?

In the initial coaching session, your coach will explore with you your vision for health and wellness. Your coach will assist you in designing short and long-term goals to get you there, and ask you to make a real commitment to the process.

In subsequent sessions, you will identify the session topic, focusing on whatever aspect of the process you want to work on - including successes, struggles, and follow-up on the previous sessions' action items. You can count on your coach to bring curiosity, compassion, powerful questions, focused listening and belief in you to each and every session.

## Wellness coaching offers:

- Choice and focus...  
you decide, you take charge
- Insight about why wellbeing matters to you
- An individualized plan to fit your life
- Privacy and personal attention
- Motivation and accountability
- Convenience - telephone coaching from the comfort of your home

## What you can expect from wellness coaching:

- MORE confidence in your ability to change
- MORE success as you take charge of existing health issues
- MORE commitment to regular physical activity
- MORE energy to live life to the fullest