



What Is Wellness Coaching and Should I Try It?

Sandy Sarni, MS, RD, MIIA Disease Prevention and Nutrition Program Manager

March is here! And spring arrives in 2 weeks! Would you like some help losing weight, getting more exercise, managing stress, sleeping better, and having more energy? Our certified MIIA wellness coaches can help with this and so much more! Members of MIIA/BCBS health plans are eligible for 10 free telephonic sessions with a certified wellness coach. This is a \$1,000 benefit available to you at no cost! The phone sessions are scheduled at your convenience. Coaching is not therapy or counseling. It's about you and a coach talking through options that might help you become healthier and feel more in control of your life.

Read what other coaching clients have shared about their experience.

Tricia Silverman:

"Tricia has been a great resource for me. The coaching program is definitely something more people should take advantage of. I know that Tricia truly cares about my well-being and she has changed my thinking about how I care for myself which has helped me tremendously." wellness coaching client

Jerry Posner:

"From the start you helped me feel comfortable and valued. Throughout our sessions your support, encouragement and thought-provoking activities were extremely helpful and uplifting. The wellness coaching experience with you has had a very positive and powerful impact." wellness coaching client

Jen Fournier:

“Jennifer Fournier was very kind and empathetic. She is a great listener. I really appreciate that she followed up each session with notes and things to think about. I appreciated the opportunity to work with her.” wellness coaching client

Janet Fontana:

“Janet Fontana is very good at prodding me to keep going and keep me accountable without any kind of criticism for goals not reached. She has been helpful in ensuring my goals are measurable, attainable, and realistic.” wellness coaching client

Change is hard. And changing habits is even harder. Why not give wellness coaching a try? You might be surprised at how much you benefit from it.

For more information and how to connect with one of our coaches, click [here](#).

