

Health & Wellness Coaching

Personal guidance where and when you need it

Commit to your health — with a wellness coach.

Looking for ways to improve both your physical health and mental wellbeing? A wellness coach can help! Receive the guidance you need to support your physical, social and emotional wellbeing goals.

With a tailored and achievable approach that fits your lifestyle, your wellness coach will work with you to create a personal action plan. You'll set realistic goals and be held accountable without judgment.

Your coach can help you:

- Make healthier food choices
- Increase physical activity
- Prepare for tobacco cessation
- Manage stress
- Reduce risks associated with diabetes, high blood pressure and high cholesterol
- Prepare for medical appointments and offer support between visits

Multiple ways to engage:

- One-on-one phone coaching
- Live group coaching webinars
- self-directed digital coaching

Daily activities to keep you moving forward

- Fun games, quizzes and videos
- Small bites of helpful information
- Access to group coaching classes



Get started — visit myEVHC.com and click on myHealthCenter today.

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