



Complete a coaching session to earn 500 points.

Health coaching guide

Let's face it. Getting healthier can be challenging! But now you can request one-on-one support from a qualified coach—right from our website or app. A coach can motivate you, give you tips and help you reach your goals. What are you waiting for? Start working with a coach today!

Not a member yet?

Don't miss out on all the fun! Get started today by going to join.personifyhealth.com/NFP.

Schedule a session today!

Visit app.personifyhealth.com, go to the **Health** tab and select **Coaching**, or scan the QR code to open in the app.



Reach your health goals, together

Making changes to your health routine isn't always easy. Whether you're starting to exercise, training for a marathon or anything in between, our health coaches help motivate and encourage you along the way. Connect with a coach to set goals, monitor your progress and get extra tips to keep going.



What to expect

Your first session will help you build a meaningful relationship with your coach. Together, you'll work to find small steps you can take to make progress toward your goal. During your follow-up sessions, you'll update your coach on your progress and plan next steps to help you stay on track.

01

Set a goal

Are you trying to get fit, eat healthier or sleep better? Your coach can help you set a goal and stay with it.

02

Monitor your progress

Coaches can see how you're doing and offer tips to help you do even better.

03

Get support and encouragement

Chat with your coach online or via our app, and get personal, encouraging messages.

Coaching topics

Choose a topic that you'd like to cover with your coach, such as Get Active, Eat Healthy, Reduce Stress, Manage Weight, Sleep Well or Be Tobacco-Free.

How to get started

Step 1

Once you're signed in, go to the **Health** tab and select **Coaching**. If you have the app, just scan the QR code:



Step 2

Select **Schedule a Session** and then pick your preferred topic by clicking an image.

Step 3

Choose an available date and time that works for you.

Step 4

Enter your phone number, and click **Confirm Appointment**.

Have questions? We're here to help.

- Check out support.personifyhealth.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@personifyhealth.com

“Having someone to talk to actually made me enthused to take these simple, easy steps. I am gradually feeling less stressed, and I’m motivated to continue.”

— Rosie

