

Wellness Tip: Health Coaching

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. There are several resources available to CareFirst members through the Blue Rewards program, even if you are practicing social distancing or staying at home.

Holding yourself accountable can be tough during this time, particularly with the stress of being home and taking care of the kids, establishing a new work routine, and managing the unknown. But you have help! Check out the resources below to give you some tips and tricks for how to hold yourself accountable to eating a bit healthier, staying active, and maintaining balance.



Did you know you have access to a FREE Health Coach through your CareFirst Wellness Program?

- Health Coaching offers you accountability and support in create behavior and lifestyle changes! If you don't know where to start, or you are looking to create some specific lifestyle behavior goals, you have a health coach here to help!
- Click [here](#) for more information and be sure be sure to register for your CareFirst Wellness portal powered by Sharecare for additional information and resources to track your behaviors and stay on track OR call 877-260-3253 and press option 7.
- New through the Sharecare app- use the "Chat" feature to talk with a coach online.