



One-on-One Personal Health Coaching

About Your Personal Health Coach

Your health coach will provide an experience that incorporates the latest science-backed health research and methods to help you take action and make the changes needed to reach your goals. They know that you are the ultimate decision maker and will encourage you to take an active role in your health and well-being while they support you every step of the way. This is designed to be a confidential, stress-free and personalized coaching experience.

All clinical team members are experienced and certified health coaches with a wide variety of skillsets and specialties. Our team of personal health coaches includes:

- Registered Nurses
- Nutritionists and Dieticians
- Behavior Change Specialists
- Diabetes Professionals
- Certified Tobacco Cessation Specialists
- Personal Trainers/Exercise Physiologists

All coaches are also Mental Health First Aid Certified.

Get started!



Log in to or sign up for CareFirst WellBeing at carefirst.com/wellbeing then search “Coaching”.



Download the CareFirst WellBeing app for easy access.

Questions?

Contact us at

1-833-502-9928, Option 3 • MONDAY - FRIDAY | 8:30 AM - 8:30 PM (EST) • SATURDAY | 9:00 AM - 5:30 PM (EST)

Every call and interaction with your health coach is completely confidential. CareFirst is committed to protecting your information. We do not share individual data with your employer.