



Enroll in Health Coaching TODAY!

Register in Health Coaching by **July 1, 2019** to allow enough time to earn 15 Wellness Points per completed Health Coaching goal (maximum 60 Wellness Points), and progress towards your **2020 Wellness Participant Medical Premium Rate!**

Achieve Health Goals In:

- Nutrition
- Physical Activity
- Stress
- Sleep
- Weight Management
- Managing a chronic condition, such as asthma, diabetes, back and neck pain, and depression



To Engage in Health Coaching:

- First, complete your Health Assessment by logging into your Healthy Prospects site at: <https://pmh.biovia.healthfitness.com>, click "My Health" on the left side of the screen, and select "Health Assessment."
- Once you have completed your Health Assessment, choose a Health Coaching goal (for example, engage in 30+ minutes of stretching/yoga at least 4 times/week or replace desserts with fresh fruit), and schedule your appointment(s) with your health coach by calling 800.337.8508, and select option 2.



For more information, contact your Wellness Program Coordinator:

For CA and TX locations: Cindy Lopez at 714.796.5786 or cindy.lopez@prospectmedical.com

For East Coast locations: Erica Baxter at 714.222.1595 or erica.baxter@prospectmedical.com