

Healthy PROSPECTS

a wellness benefit of Prospect Medical Holdings



Enroll in Health Coaching TODAY!

Enroll in Health Coaching to earn 15 Wellness Points per completed Health Coaching goal (maximum 60 Wellness Points), and progress towards your 2021 Wellness Participant Medical Premium Rate!

*It is recommended to enroll in coaching no later than **July 1, 2020**, to allow sufficient time to complete a coaching goal by **August 31, 2020**.

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, call 800.337.8508, and select option 2, to enroll in Health Coaching and schedule your appointment(s). The Health Coach will assist you in choosing a goal during your initial appointment (for example, engage in 30+ minutes of stretching/yoga at least 4 times/week or replace desserts with fresh fruit).



Questions? Contact your Wellness Program Coordinator:

For Southern CA locations: Alex Thomas at alexandrea.thomas@prospectmedical.com or 714.401.2187

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