



HEALTH COACHING

OVERVIEW

As a SPS Wellness Program member, you have access to dedicated Health Professionals—at no cost to you!

SimplyWell Health Coaches

SimplyWell® certified Health Coaches are here to help you with your health and well-being, whether you want to lose weight, quit tobacco, begin an exercise routine, or understand results from your Biometric Screening and Member Health Assessment (MHA).

Health Coaches can also help you set and reach your health goals, keeping you accountable for progress and supporting you in your journey to well-being.

Privacy

All information shared is kept confidential. HIPAA guidelines are followed to protect your personal health information.

CONTACT YOUR HEALTH COACH

It's easy—simply call the SimplyWell Health Center at 888-848-3723 or send a secure message through connect.simplywell.com or the SimplyWell mobile app.