



Wellness is at the heart of the QuadMed approach to care. Our staff provides you with the tools and information you need to reach your personal goals.

TO MAKE AN APPOINTMENT:

Call 1.855.717.4688 or visit
<https://secure.myquadmedical.com>



Wellness Coaching



**Available for IU13 employees and their dependents (ages 2 and up) who are currently participating in the IU13 medical plan.*

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In select states, patient care is provided by an independent physician-owned corporation.



WHAT IS WELLNESS COACHING?

Personalized support is available in-person or telephonically for a number of health behavior topics such as weight management, tobacco cessation, etc. Our certified and degreed Wellness Coaches provide a guided experience that focuses on making healthy lifestyle behavior changes.

WHAT A WELLNESS COACH CAN DO FOR YOU

One-on-one wellness coaching is among the most effective approaches in helping people make and sustain lifestyle improvements. Wellness coaching focuses on:

- Developing long-lasting healthy behavior changes
- Encouraging you to take responsibility for your health and wellness
- Helping you find what motivates you to live a healthier lifestyle

Wellness Coaches can assist you with:

- Weight management
- Stress management
- Time management
- Tobacco cessation
- Goal setting and motivation
- Risk factor modification for elevated cholesterol, blood pressure and/or blood sugar

Wellness Coaches cannot assist you with:

- Anxiety or depression
- Drug or alcohol dependence
- Management of a chronic disease such as diabetes or hypertension
- A prescribed meal plan or exercise plan

Empowering you to maintain and sustain lifestyle improvements.

EDUCATION

Includes lunch-and-learn style events on topics such as healthy eating on the go, meal planning workshops and health awareness campaigns such as the Great American Smokeout and Love Your Heart Week.

CLASSES AND PROGRAMS

QuadMed offers various multi-week classes that are targeted to meet your specific needs. This may include classes on weight management, tobacco cessation, stress management and more.

