“I’d like to reach my wellness goals and live a healthier lifestyle. How can Fallon help?”

Join The Healthy Health Plan’s Health Coaching program, and develop a personalized wellness plan.

The Health Coaching program, offered by The Healthy Health Plan*, is designed to help you meet your overall health goals. It doesn’t matter whether you’re a beginner or more experienced—there’s a plan for everyone.

Through small lifestyle changes and determining what works for you, our motivational health educators will guide you towards success.

How do I get started?

It’s easy! Work with one of our experienced coaches by phone or through email to decide your health goals. We can help you prioritize and set realistic goals. Lifestyle behavior changes can be tailored specifically for you in several areas, including:

- Physical activity
- Healthy eating
- Sleep management
- Healthy weight
- Stress management
- Tobacco use

Health Coaching provides the tools needed to make positive, healthy choices through support and reliable educational resources.

If you would like to engage in Health Coaching, please contact Health Promotions at HealthPromotions@fallonhealth.org or 1-888-807-2908. We’re available Monday through Friday from 8:30 a.m. to 4:00 p.m.

We hope you take advantage of the many ways Fallon Health supports your health and well-being!

**The Healthy Health Plan is offered to subscribers and their spouses who are over age 18.*

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