Get healthy with health coaching!

Reach your goals with health coaching!

Live a healthy lifestyle with health coaching!

Fallon Health can help you reach your health goals!

Choose to be part of our health coaching program offered by The Healthy Health Plan*.
It's easy! Work with an experienced health educator by phone or through email.
Personalized plans are designed for physical activity, healthy eating, sleep management, healthy weight, stress management and tobacco use.

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.

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

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