



Want better, longer lasting results? Take advantage of Blue Cross of Idaho's health coaching benefits.

Blue Cross of Idaho certified health coaches are trained in exercise, nutrition, weight management, tobacco cessation, stress management, sleep, blood pressure control and behavior change, all of which can have major impacts on your health. Those who work with a health coach get better results than those who don't and can make lasting lifestyle changes that improve overall health.

WHAT'S IN IT FOR ME?

- One-on-one time with a health coach to get the support and tools to help you successfully make lifestyle changes.
- Customized plans and support to help you reach your goals with follow your provider's recommendations.
- Regular communication with your health coach in a way that's convenient for you – by phone, email or through our online WellConnected wellness portal.

You can reach the Blue Cross of Idaho health coaches by calling 208-286-3807 or 855-216-6844 and selecting the option for the program you are interested in or by emailing wellconnectedcoach@bcidaho.com.



Melissa Davis is a health coach at Blue Cross of Idaho. She holds a degree in Exercise Science and is nationally certified in both Personal Training (NSCA-CPT) and Wellness Coaching (ACE). She specializes in wellness coaching and has more than 16 years of experience in the health promotion industry. Melissa helps members meet their wellness goals and provides support along their wellness journey. In her free time, Melissa enjoys CrossFit and spending time with her family. She and her husband have two boys, who keep them busy with lots of sports and camping.

TESTIMONIALS:

"I've never had this type of support before. It is so appreciated!"

"It has been so helpful to have an outside source help me with ideas and keep me accountable. I am going into this summer with goals and a wellness vision. This is the first time I have had that in 15 years. I am excited to be doing what I am doing, and don't feel like it has an end date. Thank you!"

"I was down another two pounds for a total of 19 pounds. It is definitely motivating to see that happening and look at what I can do to help that along."

"I have enjoyed the health coaching sessions in person and via email. I think it is what it took to finally get me motivated, and to start thinking more about my health."