

Wellness Coaching

Telephonic- Virtual Coaching

What is wellness coaching?

Virtually meet (via the telephone) with a Baylor Scott & White Health Thrive wellness coordinator who will assist you in meeting your health goals as your personal health coach. Over the course of four sessions you will:

- Meet one-on-one with your own personal coach via telephone or in-person.
- Set a small goal of your choosing to help you achieve long-term success.
- Gain access to a multitude of health and wellness resources.
- Unlock your incentive after completing four sessions. You will be entered for a quarterly prize drawing!

Not sure if wellness coaching is for you?

Give it a try! This service is offered as a benefit to eligible BSW employees and their spouses.



NUTRITION



PHYSICAL
ACTIVITY



STRESS
MANAGEMENT



WEIGHT
MANAGEMENT



TOBACCO
CESSATION

← Resources | Coaching | On-site events | Referrals →

Email Thrive@BSWHealth.org to get signed up today!

