



Lifestyle Management Coaching

Because you matter.

Life improvement begins with self-improvement.

Lifestyle management coaching is confidential and is provided by highly trained and qualified experts who have been in your shoes and faced their own health challenges. Together, you'll create a plan to help you meet the goals you want to achieve or maintain to live a healthy, happy life. A coach will be your accountability partner to help you stay on track and celebrate your success.

Work with a coach to:

- Build a fitness routine you enjoy and can stick with
- Plan healthy meals for you and your family
- Determine life stressors and how to better manage them daily
- Strategize a weight-management plan to keep you feeling your best
- Create a plan to help you quit tobacco or vaping for good
- Spice up your exercise routine or healthy eating plan

Who can participate in coaching?

Coaching is available to caregivers and spouses. You don't have to have a specific medical condition or health issue to be able to work with a coach. A coach can help you make healthy decisions to lower your blood pressure, cholesterol or reduce your stress. They can also partner with you as an extra layer of support to help you maintain your current health and well-being, or even take that a step further.

How do I sign up for coaching?

You have two options:

1. Call 800-521-5066 and select 2. You will learn more about lifestyle management coaching and get answers to your questions. We'll schedule your first call with a coach based on your availability and what's most convenient for you.
2. You can also enroll digitally through the Sharecare app! Register or sign-in at amedisys.sharecare.com, select Achieve, then select Coaching. First, you'll answer a few short questions, then you'll be matched with a coach, and then you'll schedule your first call. It's that easy!



Have more questions? Call 800-521-5066 to learn or visit amedisys.sharecare.com.

Coaching is available to caregivers and spouses. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact customer service at 800-521-5066.

Sharecare, Inc. administers the Amedisys Wellness Program © 2024 Sharecare, Inc.