

# Lifestyle Management Coaching

*- because you matter*



## Coaches put your needs first

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 custom plan to make sure you stay on track and meet the goals you want to achieve or maintain to live a healthy, happy life.

## Coaching is for everyone

Coaching is available to all 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.

## A coach is with you, every step of the way

On every call, you'll work on your custom plan and discuss ways to get you one step closer to your end goal. A coach will be the accountability partner you never knew you needed. Each session takes less than 20 minutes to get you on the right track to a healthier lifestyle. A coach is only a call away or use our in-app digital support to enroll into coaching or message your coach between calls.

## Have questions?

Call 800-521-5066 to learn more or visit [amedisys.sharecare.com](https://amedisys.sharecare.com).

Take advantage of this no-cost program provided as part of your Amedisys benefits. Get started today!



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.

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