



Health Coaching

SCHOOLCARE’s **Good For You!** program is happy to announce that **Health Coaching** will be available starting **October 1st**!

As a **Good For You!** wellness program member, you have access to a dedicated Health Coach—at no cost to you! And, for the first time, you will be able to complete Health Coaching for an incentive each quarter moving forward.

Viverae® Health Coaches

Viverae registered dietitians, nurses, and Health Coaches are here to help you with your health and well-being. The top three goals health coaches are helping SCHOOLCARE participants with today are: building nutrition plans that work for their lifestyle, changing behaviors to better their quality of life, and designing plans to increase physical activity.

Health Coaches can also empower you set and reach your health goals, keeping you accountable for progress, and advocating for success in your journey to well-being.

Want to experience a live coaching session? Visit the “Health & Wellness” tab at www.schoolcare.org and click on “Take Action: Education”. Here you’ll meet Joe, an average guy looking to make the first step on his path to wellness.

Privacy

All information shared is kept confidential. HIPAA guidelines are followed to protect your personal health information.

Contact Your Health Coach!

It’s easy—simply call the Viverae Health Center at 888-VIVERAE (848-3723) or send a secure message through connect.viverae.com or the Viverae mobile app.

Complete one coaching session each quarter to **earn 25 points** each quarter (that’s \$25!).

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.



“What should I expect when engaging with a coach?”