Reach your health goals with free individual Wellness Coaching now available on Temple’s campus or over the phone with a Blue Cross Wellness Coach. It is easy to get started just call 215-241-4907 and ask to speak with Tara Elnitski, Temple’s dedicated Wellness Coach or call Kristin McHenry in Temple’s Benefits office at 215-926-2285 (7-2285) to scheduled an on-campus individual appointment.

Ready to lose weight? Or quit smoking once and for all? An Independence Blue Cross Wellness Coach can provide you with the support and resources you need to reach your health goals and achieve better overall health.

Begin a relationship with your Wellness Coach and start earning points toward your Total Wellness reward program. Earn 10 points each time you engage with your Wellness Coach. Earn up to 60 points per program year. (July, 2014 to June 2015)

What is Wellness Coaching?
Wellness Coaching is a trusted relationship that helps you identify and set goals in areas where you want to make lifestyle changes such as losing weight or managing stress. You and your Wellness Coach determine the frequency of coaching interactions over the phone. They can occur as often as once a week or as little as once a month.

To begin your confidential partnership with Temple’s dedicated Wellness Coach, Tara Elnitski and get on track for a healthier lifestyle call 215-241-4907 to begin your journey.
How can a Wellness Coach help me?
A Wellness Coach can help you by providing new ideas and resources as well as support and accountability for reaching your goals. A Wellness Coach collaborates with you to identify and achieve specific health-related goals. While your Wellness Coach respects you as the expert in your own life, he/she supports your lifestyle change by providing structure, accountability, and expertise. Together, you and your Wellness coach celebrate successes and reassess health goals when challenges arise.

Can a Wellness Coach help me manage a chronic health condition, like asthma or diabetes?
While a Wellness Coach can help with goal setting, a Health Coach is the more appropriate choice if you’re managing a chronic health condition. Health Coaches focus on specific health conditions or illnesses, such as asthma or diabetes, whereas Wellness Coaches work with you to make lifestyle changes that result in better overall health.

Why do I need a Wellness Coach?
You’ve made the decision to improve your health, but it’s hard to get there alone. A Wellness Coach supports and encourages you on your path to a healthier lifestyle through goal setting, resources, and ongoing conversations. Our Wellness Coaches have extensive experience and education in the areas of coaching, exercise physiology, and nutrition, as well as certification in Tobacco Cessation by the American Lung Association.

How Do I Get started?
Contact your Wellness Coach Today!
Tara Elnitski – 215-241-4907
Monday through Friday 8:00 am to 7:00 pm

Contact Temple’s Benefits Office
Kristin McHenry 215-926-2285 (7-2285)
To schedule an on-campus individual appointment