Sometimes you need a little extra support when you’re considering making lifestyle changes. Achieve Better Health provides an added level of support and services to help you set and achieve your goals along your health journey.

Want to make a lifestyle change? Get support
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.

What is Wellness Coaching?
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. A Wellness Coach can assist you with meeting your health and wellness goals including, but not limited to:

- Weight management
- Physical activity
- Nutrition
- Stress management
- Tobacco cessation

Call 1-800-ASK-BLUE (1-800-275-2583; TTY/TDD: 711) to speak with a Wellness Coach and get on track for a healthier lifestyle.*

You can also call your dedicated Wellness Coach directly:

Tara Elnitski: 215-241-4907

Reach your health goals with Wellness Coaching
Stay on top of personal health information, screening reminders, health tips, and more!**

Text IBXTU to 73529 or visit ibx.com/getconnected to sign up for text alerts today.

*This is a free and confidential service.
** Standard message and data rates may apply. Text STOP to stop and HELP for help. Terms and Conditions available at myhelpsite.net/ibx. Notification messages within IBX Wire™ are sent via automated SMS. Enrollment in IBX Wire™ is not a requirement to purchase goods and services from IBX.
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 Registered Nurse 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.