



Capital Blue Cross
Connect



Be your best with health coaching

When you imagine yourself at your healthy best, you're stronger and have more energy. You're calm and balanced in the face of daily challenges. You tackle your personal health goals with enthusiasm. Let's get you there—today.

Join our Capital Blue Cross Connect health coaches, who come from a variety of health field backgrounds, and are trained and certified in health coaching. They will cheer you on and support you with personalized advice.

Our health coaches are trained to:

- Motivate and guide you toward greater health
- Identify and build on your strengths
- Explore new skills and challenges with you
- Help you set realistic goals for lasting change and confidence
- Celebrate victories with positivity and appreciation

Pricing for health coaching/personal training/nutrition sessions:

Members: First three, 30-minute sessions are FREE, then \$25 for each 30-minute session

Nonmembers: \$40 for each 30-minute session

Discounted package pricing options:

Members: \$60 for three sessions

Nonmembers: \$105 for three sessions

Are you ready to start? Go to CapitalBlueCrossConnect.com to schedule a virtual or in-person **free, one-hour consultation**. You can also call **855.505.2583**. Together, you will determine the best path to achieve your goals through nutrition, health coaching, personal training, or a combination of all three programs.

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Hampden Marketplace
Enola, PA

The Promenade Shops at Saucon Valley
Center Valley, PA

WellSpan Health Campus
Chambersburg, PA

855.505.BLUE (2583)

CapitalBlueCrossConnect.com

Session cancellation policy: Capital Blue Cross Connect ("we") require that you give us at least **48 hours prior notice** in the event that you need to cancel or otherwise reschedule your session with a health coach, nutritional counselor and/or personal trainer. If you miss a session without canceling and/or rescheduling in time, this will be considered a "missed session." We will not refund any amount pre-paid by you for a missed session, nor will we apply any pre-paid amounts towards a separate, future session. If you have a second missed session, we reserve the right to charge you a fee of \$25 for the second missed session if you did not otherwise pre-pay for the session. If you have three or more missed sessions, we reserve the right to charge you an additional fee of \$25 for each such missed session. The fees cannot be billed to your insurance company and will be your direct responsibility. If you have any questions regarding this policy, please let our staff know and we will be glad to clarify any questions you have.

Please be advised that the health coaching, nutrition counseling, and personal training sessions are provided by certified WellCoaches, registered licensed dietitians, and/or certified personal trainers. The service only provides general health information, and should be used for informational purposes only and should not take the place of your physician's medical advice. While Capital Blue Cross believes the information provided may be useful to you, it is not a substitute for advice received from a licensed physician who are the only ones that can diagnose and treat your individual health and medical conditions. You should ask your doctor before making any lifestyle changes. Capital Blue Cross does not assume any liability associated with the provision of this health education information.

The information provided is meant for a general audience. It is not a substitute for services or advice received from your healthcare providers who are the only ones that can diagnose and treat your individual medical conditions. Capital Blue Cross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your healthcare provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any healthcare service, please refer to your Certificate of Coverage or Evidence of Coverage or call Customer Service at the toll-free number on your member identification card.

Capital Blue Cross Connect is brought to you by Capital Blue Cross, an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.