
EXERCISE PROGRAMS AND IMPROVED DIET

Program Overview

Achieve Health is a Health Plans Inc. program that provides lifestyle Health Coaching for free to plan members. All Health Coaches are trained healthcare professionals. Once enrolled, you will work with your Health Coach to create a customized and easy to follow care plan to set fitness goals, make dietary changes, while taking your medical conditions into account. Your care plan will be tailored to your personal health goals. Most participants meet with their coach once a month for an average of 9 months. All sessions are conducted over the phone.

Ways your Health Coach can help

- Explore new ways of incorporating lifestyle changes that will help you maintain your goals
- Communicate with your Health Coach outside of regularly scheduled appointments by email or your Coach's dedicated number
- Access personalized resources and educational information selected for you by your Health Coach

Eligibility

Enrolled in a BMC employee medical plan with Health Plans, Inc.

How to get started

To enroll you may call 866.234.4635 or enroll online at <http://enroll.trestletree.com> and entering "Boston Medical Center" into the 'Company or Enrollment Code' box. If you register online, you will receive a call from Achieve Health to schedule your first health coaching session.

Questions

If you need assistance, please call 866.234.4635

Let us know what you think!

If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at benefits@bmc.org.