wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

INTRODUCING: **CARE PLAN**

Wellness Coach now works around your health goals.

Your Wellness Coach benefit is packed with great tools — but it's not always easy to know what to do next. *Now they all work together in one **Care Plan** built around your goal, that adapts around your life!*

What is your goal?

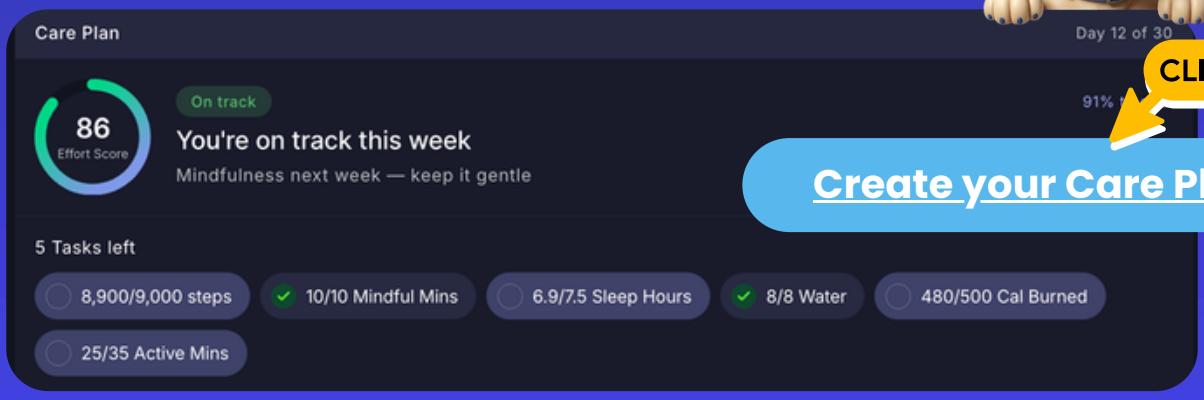
Whatever wellness means to you, Wellness Coach can help you get there.

- **Lose weight** …and keep it off
- **Stress less** Feeling burned out?
- **Eat Better** Meals picked for you
- **Sleep better** Wake up rested
- **Move more** Build a habit that lasts
- **Heart health** Like lowering cholesterol

Set up your Care Plan in minutes:

1. Answer a few quick questions
2. Add lab results (optional)
3. Get your 90-day plan and get matched with a coach





CLICK HERE!

Create your Care Plan

Resources:

- **Access Step by Step Guide**
- **Watch the tutorial video**

✅ Your plan uses the health habits you already track.
✅ Adapts with your weekly check-ins. Pause or restart anytime.
✅ Your health data is private and HIPAA-protected.

Questions? Contact **support@wellnesscoach.live**

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More about Care Plan:

Before

Personal Coaching
Nutrition Tracker
Meditations
Fitness Classes
Challenges
AI Coach
Step Tracking
Audiobooks
Sleep

Lots of great tools — but you had to figure out where to start.

Now

My goal: Stress less

- [x] 10-min guided meditation
- [x] 7,000 steps
- [ ] Log a balanced lunch
- [ ] 7.5 hours of sleep

One goal. Simple daily tasks. Everything works together.

How it works:

1 Set your goal
Take a quick questionnaire. If you already track habits in Wellness Coach, we use that data, so you'll answer fewer questions. Add lab results for an even more personal plan.

2 Get your 90-day plan
A plan built around your goal with daily tasks. And when life happens, pause it anytime, or start a new one if your goal changes.

3 Check in every week
You'll get a reminder once a week to complete a quick check-in. Your answers, tracked activity, and Effort Score helps your plan adapt to real life.

What goes into your plan:

Picked for your goal — not a generic library

Meals & nutrition
Meal ideas for your goal. The more you log, the smarter it gets.

Fitness classes
Workouts chosen to move you toward your goal.

NEW **Your other benefits**
If a benefit from your employer fits your goal, Care Plan will recommend it.

Recommended coaches*
1:1 support from coaches aligned to your goal.

Daily habit goals
Steps, sleep, water and active minutes.

Stress & mindfulness
Meditations and stress tips built into your day.

***Coaching sessions are free if your employer's plan includes Personal Coaching. If not, you can buy credits to book anytime.**

Your health data in Wellness Coach is private and HIPAA-protected.

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Create your Care Plan →



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