

Unlock Your Potential with Personal Coaching!

Whether you're working on wellness goals, need support with financial wellness, nutrition, body image, fitness, weight management, or just want someone to talk to.

Is It Really Confidential?

Yes! Your privacy is our top priority. Everything you share with your coach stays private and is protected and secure.



Explore 20+ categories available in 30+ languages:

- Leadership
- Personal Growth
- Mental Health
- Weight Management
- Stress and Anxiety
- Youth Careers
- Fertility
- Ergonomic
- Fitness
- Relationship
- Yoga
- Grief
- Sleep
- Astrology
- Career Growth
- Physical Therapy
- Parenting
- Nutrition & Body Image
- Finance
- & more...

[Book a session](#)

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TO DOWNLOAD
WELLNESS COACH



- **Truly Personalized For You:** Sessions built entirely around your unique goals.
- **Smart Data Sharing:** Optionally share your sleep, nutrition, or steps for targeted coaching.
- **Flexible Scheduling:** Book sessions instantly on your own time and across any time zone.

Booking sessions is easy!

- 1 **Find the coaching section** on the home screen or in the navigation bar, tap "Coaching"
- 2 **Explore by category**, choose the topic that best fits your focus
- 3 **See coach profiles**, rating scores, credentials, and a short bio to find your best fit
- 4 **Book a session**, scroll to the calendar on their profile to view availability and book directly in the app
- 5 **Customize what health data** you share with your coach to help tailor your upcoming sessions. Toggle your preferences below to get started.
- 6 **Once you book**, you'll have the option to add the session to your calendar, and shortly before your session, you'll receive an email with your access link

How Coaching Credits Work

Each coaching credit equals one 30-minute personal wellness coaching session.

Have more than one credit? Use them however you like!

For example:

1 credit = 30 minutes

2 credits = 1 full hour

⚠ Use them before they expire!

Coaching credits expire every 30 days, so don't let them go to waste, schedule your sessions regularly to stay on track with your wellness goals.

[Watch tutorial video here!](#)

[Knowledge Base](#)

Other capabilities and resources:

- **Chat with Coach** lets you message your wellness coach directly in the app. It's perfect for quick questions, clarifying session points, and staying engaged between sessions. [Learn more here.](#)
- [Learn more about sharing health data with coaches click here.](#)
- [Full guide on how to book Personal Coaching, click here.](#)



**Scan to book
a session!**