

Ready to make a healthy choice?

We're ready to give you a boost.

Are you ready to lose weight, stop using tobacco or reduce stress? Virtual Coaching programs will help you get started and keep you motivated to succeed. This collection of online programs supports you with tools and strategies for reaching your goals.

How it works

For each program you choose, you'll receive:

- + An opportunity to select a new, achievable goal each week
- + Your "to-do" list for reaching that goal
- + Automatic tracking of your progress
- + Reminders that help you stay on track
- + Expert advice, helpful articles – even healthy recipes

Virtual Coaching focus areas:

- + Nutrition
- + Weight loss
- + Tobacco-free
- + Stress relief
- + Physical activity

START NOW
Try a Virtual Coaching program today.
Log in or register at BlueConnectNC.com
and click on Wellness.

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