

Say Hello to Your Health Coach

At HealthNow Administrative Services (HNAS), our health coaches support you every step of the way on your personal health journey. These trained wellness professionals include registered nurses, nutritionists, social workers, respiratory therapists, health educators, and exercise physiologists.

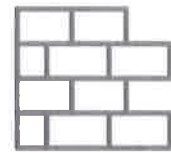
Health coaches can:



Actively support, encourage, and educate



Help develop goals and plans of action



Identify barriers to better health



Show you how to manage and control chronic conditions



Promote safe and healthy lifestyles

Health coaches cannot:

- Prescribe medications or provide physician referrals
- Access medical records or health information — it's recommended you share health assessment results with your health coach so they can help you create the most effective wellness plan possible

Our health coaches work with you to identify your wellness needs, providing the tools and resources you need to succeed.



To learn more about health coaching, please call 1-877-229-1002.