

Fidelity Health & Wellness Center:

Wellness Coaching Services



Work with a wellness coach to achieve a lasting lifestyle change in the areas of weight, nutrition, exercise, smoking cessation, work/life balance, stress management and life satisfaction.

Wellness coaching sessions are 100% confidential* and available free of charge for eligible associates** in all Fidelity locations. Meetings with a certified wellness coach can take place by phone or in person at the Health & Wellness Center and are offered to all Fidelity associates regardless of employee location.

During your initial coaching session, your wellness coach will help you:

- Assess your readiness for behavior change
- Collaborate to create a wellness vision
- Co-create an individual wellness plan
- Identify your motivators and strengths
- Identify potential barriers to the changes you want to make
- Begin to develop strategies
- Set long- and short-term goals

During your follow-up coaching sessions, your wellness coach will help you:

- Celebrate successes
- Discuss challenges and generate alternative strategies
- Learn any necessary information to move forward
- Commit to maintain existing goals or set new weekly goals
- Measure progress toward long-term goals
- Revisit your wellness vision



To make an appointment with your local coach: visit mypremisehealth.com or the My Premise Health app.

Not near a Center? Call 859-386-3313 to set up a telephonic coaching appointment.

Visit FMRbenefits.com to learn more about Fidelity's Health & Wellness Centers and contact information.

**The wellness coaching service is administered by Premise Health and all communications between you and your coach are completely confidential. Fidelity will not receive any specific health information about your participation.

**The Health & Wellness Center and wellness coaching services are available to associates regularly scheduled to work 20 or more hours per week and work for companies eligible to participate in Fidelity's medical plans. For more information and eligibility requirements, please go to mypremisehealth.com.

The wellness coach can also refer you to other Fidelity Health & Wellness Program resources that may be helpful for your situation and assist you with navigating those resources.