



Virtual Coaching



AdvantageCoaching: One-on-one Wellness Coaching

Choose 4 or 10 sessions | Virtual coaching program

Coaching Overview: Choose between a comprehensive 10-session or a 4-session wellness coaching package. Both options provide individualized support for your holistic wellness journey - focusing on physical, mental and emotional wellbeing. Coaches help participants set and reach wellness goals that are relevant and meaningful to you and result in lasting behavior change.

Our wellness coaches can cover topics including: Nutrition, weight management, stress management & mental wellbeing, physical activity, goal-setting, time management, mindfulness, sleep and more!

Wellness Coaching Web Portal & App

- Private, HIPAA-compliant coaching portal
- Mobile app for ease of use

[Purchase 4-pack \(\\$260\)](#)

[Purchase 10-pack \(\\$720\)](#)



10-Session
wellness coaching | 20 wks

- 1, 60 min. coaching session via Zoom
 - In-take form review & vision setting
- 9, 30 min. coaching sessions via Zoom
 - Goal setting/review & problem solving
- Chat support through app with coach
 - Motivation & accountability



4-Session
wellness coaching | 7 wks

- 1, 30 min. coaching session via Zoom
 - In-take form review & vision setting
- 3, 30 min. coaching sessions via Zoom
 - Goal setting/review & problem solving
- Chat support through app with coach
 - Motivation & accountability