

Better You **Next Steps Program**

Did you know?

According to the Centers for Disease Control and Prevention, chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States. Chronic diseases account for 70% of all deaths in the United States, which is 1.7 million each year.*



Benefits of health coaching sessions:

- Provide assistance in making healthy choices to help you manage:
 - Healthy eating habits
 - A healthy weight
 - Physical activity
 - Stress
 - Cholesterol
 - Blood sugar
 - Blood pressure
- Provide smoking cessation programs by phone or at the work site
- Provide tools and resources to help you reach your wellness goals
- Provide information that empowers you to make informed health care decisions

Did you participate in an onsite program for weight management, tobacco cessation, stress reduction or physical activity? A Next Steps Registered Nurse can provide you the inspiration, support and accountability you need to make a lasting change.

Next Steps Registered Nurses provide FREE individualized health coaching to assist you in making healthy lifestyle choices. Health coaching sessions are available in English, Spanish and Creole, and are offered by phone or at the work site.

Contact us today for more information or to enroll in Next Steps Program.



Email:
nextsteps@floridablue.com



Call:
1-800-477-3736, ext. 54837
TTY, call 1-800-955-8771 or 711
Monday - Friday, 8 a.m. - 5 p.m. EST