

Wellness Coaching



Want to feel better by meeting your wellness goals? Could you use reminders to stay focused?

Our wellness coaches are health experts that educate and support you with current research and health tips. And, it is free for EMI Health members.

Talking with a coach helps you stay focused and holds you accountable for meeting your goals. We help you achieve what you set your mind to.

Which means, you'll have more energy, feel empowered and be supported by the people who know health.

Contact a wellness coach at 1-855-586-2575 today!