

Health & Wellness Coaching

Our wellness coaches are health experts that educate and support you to stay on your own road to health and wellness.

- ✓ Get current research and health tips.
- ✓ Discover what is most important to you, and ways to achieve it.
- ✓ Be motivated, held accountable, and reminded of your personal goals.

It is free for EMI Health members*.

Talk with a health coach. Better understand your own health, feel empowered, and be supported by the people who know health.

Contact a wellness coach



1-855-586-2568



wellness@magellanhealth.com



Eat Well



Be Active



Sleep Better



Quit Tobacco



Be Resilient to Stress

*Must be 18 years or older.