

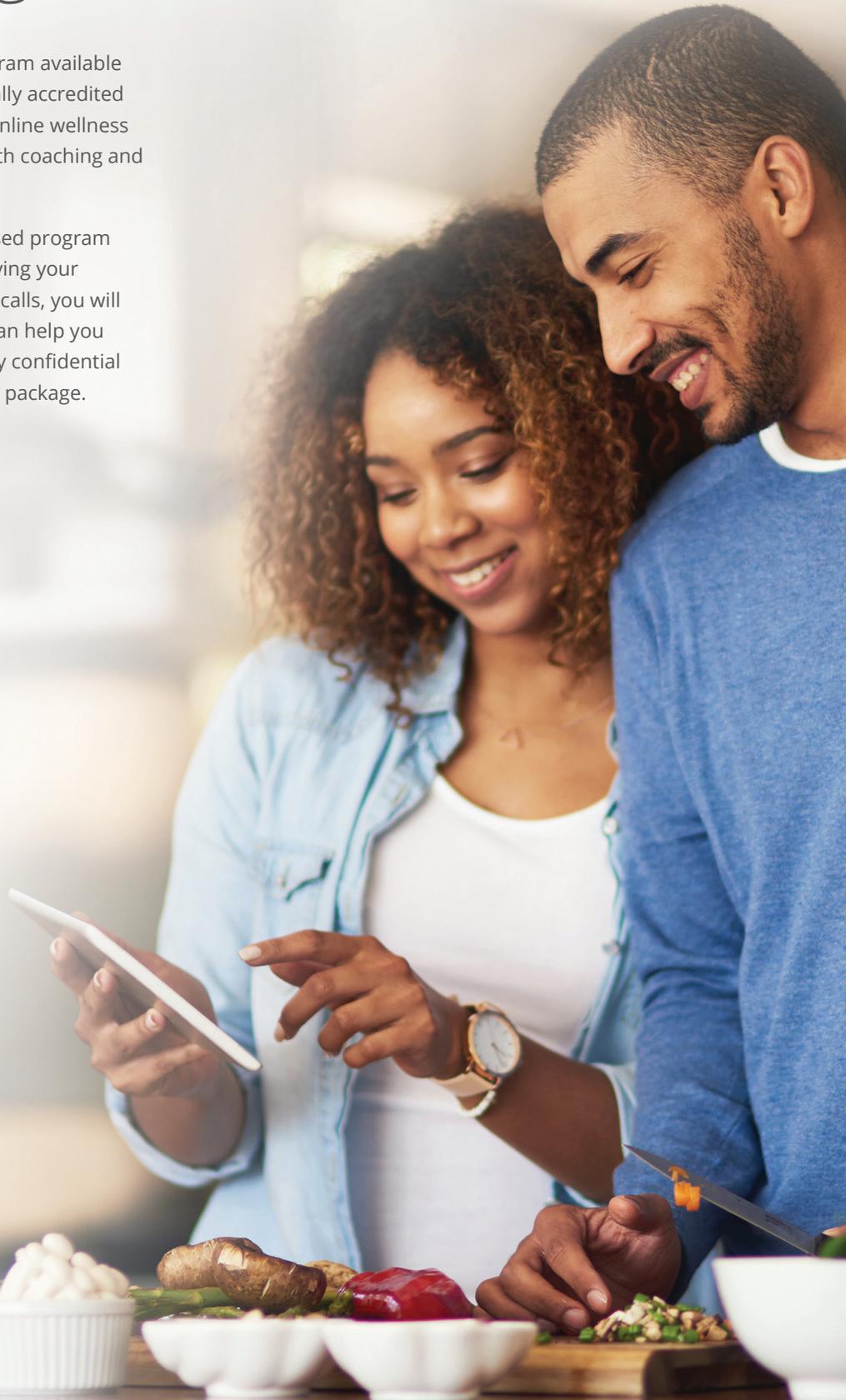
Coaching program

Best Health is a comprehensive wellness program available at no extra cost. As an award-winning, nationally accredited wellness program, Best Health offers robust online wellness tools, interactive workshops, one-on-one health coaching and more, to help you reach your health goals.

Best Health Coaching is a six-week, phone-based program designed to support you in becoming and staying your healthiest. During weekly 30-minute coaching calls, you will work with an experienced health coach who can help you make positive changes. Coaching is completely confidential and available at no cost through your benefits package.

Choose from a variety of program options

-  Lose weight
-  Eat healthier
-  Increase physical activity
-  Manage stress
-  Quit smoking or tobacco



Who are the Best Health coaches?

Our nationally board certified health coaches are behavior change experts with health-related degrees in fields like exercise science, nutrition, psychology and health education. Coaches are here to listen, motivate, challenge and support you on your Best Health journey.

How does it work?

During weekly 30-minute calls, you will work with your health coach who will support you in reaching your health and wellness goals. You will also have access to online resources such as a Wellness Assessment, interactive videos, articles, quizzes, meal and activity planners, and more.

Your journey to Best Health starts here

Visit yourbesthealth.com or contact a Best Health coach at besthealth@sharp.com or 1-877-849-2363 to learn more.

To access the Best Health Privacy Policy and Individual Rights statement, please visit yourbesthealth.com or call 1-877-849-2363.



4 simple steps to a healthier you

1 Join

Signing up for Best Health is easy! Visit yourbesthealth.com today, or email besthealth@sharp.com to connect with a coach.

2 Get ready

Log in to take your Wellness Assessment, which will help you establish a starting point based on your health history and current lifestyle habits.

3 Get set

Define your personal wellness goals, find ways to overcome barriers and cocreate a health action plan for you and your needs.

4 Get going

Receive ongoing support from a nationally board certified health coach, track your progress over time and celebrate your successes!