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# Health Coaching for Stress Management

Help to deal with the ups and downs of life

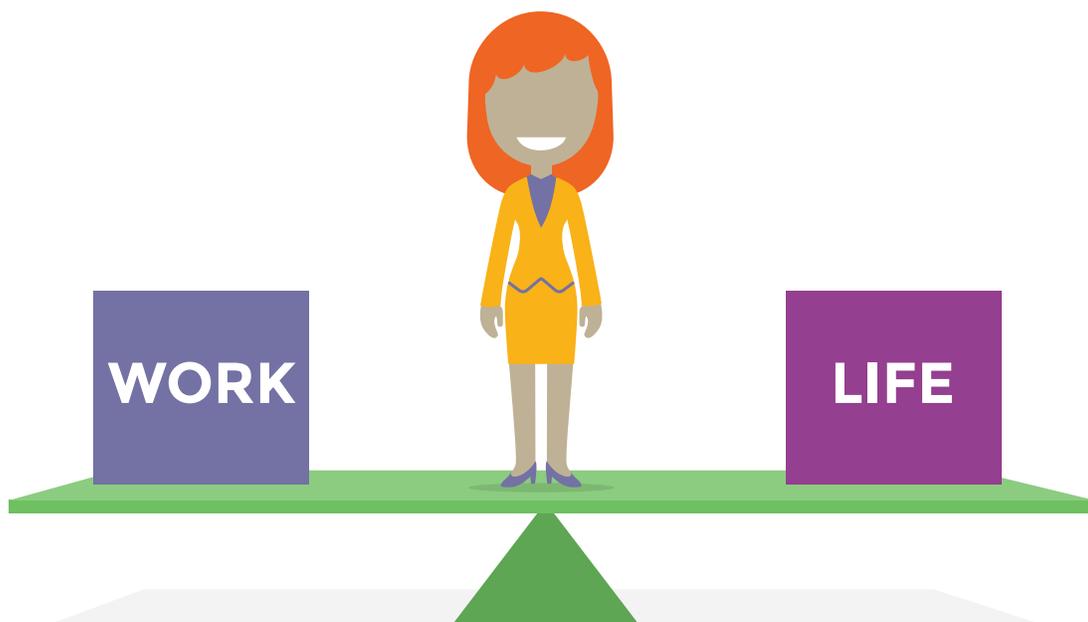
How can you have a stress-free life? Well, you can't — but by managing your stress, you can lessen its effects on your health and well-being. The Health Coaching for Stress Management program can help if you are a health plan member age 18 or older, and it's easy to enroll.

The free program will connect you with a personal health coach to help you assess your stress level and discuss a personalized plan to help you deal with it more successfully. Your health coach will be a health care professional who has experience helping people understand and cope with stress.

While everyone has stress, not everyone understands it. You might think of stress as something that accompanies hardship, loss, illness and personal crises. But even some things that are positive — like taking on a new job, getting married or becoming a parent — also can be stressful, because they involve major changes in people's lives.

Whatever the cause, stress can affect your health. Symptoms can include:

- Anxiety
- Depression
- High blood pressure
- Headaches
- Sleep difficulties
- Trouble concentrating
- Upset stomach



## Tools to help you cope

Your health coach will help you understand stress and how it is affecting you. You will learn about strategies to avoid stressful situations when possible. And your coach

will share helpful ideas about managing stress — as well as information about what you might be doing to make your stress worse.

## About health coaching

Our team of nationally accredited health coaches includes registered nurses, health educators, respiratory therapists, certified diabetes educators, licensed behavioral health specialists and other health and well-being professionals. Wherever you are in your health and wellness journey, we can connect you to the right coach.

Your Stress Management coach does not take the place of your health care provider. But many people find it helpful to discuss the stressful situations in their lives with someone who can help them find positive ways to cope. You can lean on your health coach for answers and support.



## To learn more and download helpful resources:

- Go to [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com).
- Log in to [My Health Toolkit®](#).
- Select the **Wellness** tab.
- Click on **Health Coaching**.

## To get started:

*Call the health coaching team at 855-838-5897. We'll connect you with a personal coach who is right for you.*



South Carolina

[SouthCarolinaBlues.com](http://SouthCarolinaBlues.com)

*BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.*

*This program does not replace the medical care you receive from your doctor. Always check with your doctor before following any medical advice. In case of an emergency, call 911 or visit your nearest emergency room.*

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