
Furman University wellness coaching visits

FREE health & wellness coaching and nutrition visits are available for **ALL** Furman University employees and covered spouses.

All coaching can count toward a Healthcare Professional (HCP) requirement visit, if required. Visits are 30 minutes per session; visit dates and times vary.

Topics on coaching may include:

- Stress reduction, realistic and practical goal setting, general healthy eating, and physical activity
- Personalized action plans, referrals and resources

To schedule a telephonic visit with a health coach or registered dietitian on Sign Up Genius, scan the QR code below, or go to www.signupgenius.com.

- Scroll to the bottom of the page and click "Search for sign up."
- Enter FurmanWellness@PrismaHealth.org
- Sign up for either "Wellness Coaching Sessions" or, for nutrition sessions, click "Dietitian Sessions."



To schedule an in-person or virtual visit with the on-site nurse practitioner, scan the QR code below to access MyChart or call 864-455-2455.



Questions? Email us at FurmanWellness@PrismaHealth.org.