

# Wellness coaching

## Maximize your personal and professional potential

Sanford Health Plan offers wellness coaching to help covered members make sustainable lifestyle changes. This program addresses the whole person and helps discover what it means to thrive in all six areas of well-being.

### About wellness coaching

- Sessions are conducted over the phone in 30 minute sessions over six weeks
- With your wellness coach's guidance, you will:
  - Design a vision for your life
  - Define your “best self”
  - Set goals
  - Discuss strengths, barriers, motivation and strategies for change
  - Develop and implement a plan to improve health and well-being
- Your individual wellness plans are never shared with your employer
- Your coach will be understanding and empathetic, but honest and direct



**Schedule your first wellness coaching session today:**

**Maggie Rechtenbaugh**  
**Sanford Health Plan Wellness Coach**

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