



A Healthier, Happier You

With health coaching, it's
closer than you think.

Health Coaching Tailored to Your Needs

Hi Michael,

Ready to make a change?

Prioritize you and achieve your healthiest self! Learn to cope with stress and burnout, eat healthier, lose weight, or get help with a chronic condition* with one-on-one or group coaching with a trained health coach or nurse wellness coach. And it's all at no extra cost to you as a City of New York member!



Sign in to your member portal to get started.

[Sign In](#)

Brand new features of our health coaching program give you the best chance of success:

- Easy online scheduling through your member portal.
- Communicate with your coach by phone, email, or text.
- Join group coaching sessions – by video – on stress and burnout or managing your weight.
- A vast selection of helpful, science-backed articles in our health library.
- And much more!

**Health coaching does not replace care received from a provider.*

Get Started Today

Join the over 10,000 members who have benefited from lifestyle changes by partnering with our health coaches and nurse wellness coaches.

Sign in* to your member portal to get started.

[Sign In](#)

Here’s how: Once signed in, click the Health and Wellness tab and then “Get Started” in the Wellness Program section. Then, you’ll be sent to your new well-being benefits platform powered by WellSpark Health.** Here, you can see the new features, like scheduling an appointment with a coach, enrolling in group coaching, and more. If it’s your first time using the new WellSpark platform, you’ll be asked to register.

**Don’t have an account? [Register here](#).*

***WellSpark Health is part of the EmblemHealth family of companies.*



If you want to start health coaching or have questions about your plan or benefits, our Gold Line agents will help. Just call [833-CNY-GOLD \(833-269-4653\)](tel:833-CNY-GOLD) (TTY: 711). Monday to Friday, 8 a.m. to 8 p.m., and Saturday, 8 a.m. to 1 p.m.
We're here for you!

EmblemHealth
55 Water Street
New York, NY 10041

