

Risk Specific Health Coaching Programs

Available to all full-time U.S. associates enrolled in a Cognizant medical plan.

Certified health coaches provide personalized support to help you build lasting healthy habits. With one-on-one guidance, weekly goals, and progress tracking, you will get the help you need to manage blood pressure, improve blood sugar, or quit nicotine—every step of the way.

Pre-Diabetes



Highly recommended for those with a recent **HbA1c (long-term blood sugar)** measurement **between 5.7% and 6.4%**.

To see if it's right for you, review your latest biometric screening results by clicking the **Health** tab in your myHC360+ account or visit your most recent lab work from your Primary Care Provider.

Pre-Hypertension



Highly recommended for those with a **blood pressure** that is commonly **greater than 120 (systolic) OR 80 (diastolic)**.

To see if it's right for you, review your latest biometric screening results by clicking the **Health** tab in your myHC360+ account or visit your most recent lab work from your Primary Care Provider.

Email CognizantWellbeing@healthcheck360.com or call 1.833.216.4558 (press 3 for coaching) today to schedule your first call with a Health Coach!

Disclosure on Confidentiality - Any information you share with your Health Coach is kept completely private and secure. It will never be shared with your employer or used for anything other than helping you understand your health and providing tools to maintain and improve it.