Marquette My Wellness Program

What Will I Learn Through Health Coaching?

Health Coaching members will gain an understanding of positive self-talk, learn how to draw from personal challenges and successes, and identify what works best for them. These skills, and the knowledge members develop through their participation in the coaching program provide a foundation for impactful and long-term behavioral changes.

How Do I Get Started?

Employees can connect with a Health Coach in one of two ways:

Phone 800.882.2109 option 1
Email coaching@marqueehealth.com