



UBeat

Heart Health Coaching

Put a Pulse on Your Heart Health

Make informed decisions that will transform your heart health through the **UBeat** coaching program. Understand your systolic/diastolic numbers, receive dietary recommendations for preventing or managing hypertension and diabetes, follow the DASH (Dietary Approaches to Stop Hypertension) diet, focus on healthy eating habits, increase physical fitness, and learn stress management techniques.

Elevate Your Well-being with Health Coaching!

Health and wellness shouldn't be complicated. Health coaching sessions keep it simple by providing an extra boost of nonjudgmental and confidential encouragement as you work toward your goals. Via expert guidance and personalized support, health coaches help redefine and prioritize what health and wellness mean to you while establishing a strong foundation for long-term impact.



My Wellness

How Do I Get Started?

- Call our friendly team at **800.882.2109** and let them know you're ready to prioritize your well-being.
- Reach out to us via email at **coaching@marqueehealth.com**. Share a brief introduction about yourself and your wellness aspirations, and our team will promptly respond to assist you in finding the perfect Health Coach match.

