GeoBlue® Global Wellness Resources

Adopt a healthier international lifestyle with the help of experts. GeoBlue taps the expertise of our physician advisors and other carefully selected sources to bring you culturally relevant diet, exercise, stress management and other wellness information.

Our wellness program is designed to help you:

- Understand health risks worldwide
- Focus on prevention
- Change behaviors
- Manage current medical conditions
- Find reliable answers to health questions
- Get the support you need

Set a baseline by taking the Global Health Assessment and then work to improve your wellness via a one-on-one relationship with a wellness coach or use one of the online programs specific to addressing issues related to fitness, weight, smoking and stress.

Telephone counseling for any work, life, personal or family issues is also available 24/7.

It all starts at www.geo-blue.com
GeoBlue® Global Wellness Resources

To access programs and resources visit the Wellness section of the Member Hub on www.geo-blue.com.

Health Assessment
Answer a series of questions about your health habits and medical history, then receive an overview of health strengths along with recommendations to increase wellness.

Wellness Coaching
Wellness coaches help members set achievable goals and provide the motivation and support to reach them. Take advantage of up to five phone sessions, day or night, with a trained coach.

Lifestyle Programs
Highly personalized and interactive online approaches to tackling fitness, diet, weight, stress and smoking.

Counseling for Personal Issues
Available 24/7/365, members can use phone, web or email to talk to professional counselors for in-the-moment support and information about local resources.