

When you're ready for change...

WebMD Health Coaches are trained professionals who can make a difference in every part of your life.

Every coach you work with through LIiveWell holds a degree in a health-related field and many are certified as dietitians, personal trainers, stress specialists and more. If you agree with any of the statements below, health coaching is for you!



Schedule a session

Health coaching is free, convenient and confidential. Schedule a session to speak with a coach at **LIiveWell** or use Coach Connect to message a coach. Sessions can last 10 minutes or longer if you need more support.

Coaching Hours 1-844-800-2454.

M-Th 8am to 10:30pm CST

F 8am to 7pm CST

Saturday 12pm to 10:30pm CSTG

Sunday 12pm to 10:30pm

