

eCoaching Programs Provided by Cleveland Clinic Wellness

Cleveland Clinic Wellness eCoaching is a series of email-based programs that will fit into any schedule. There is a program for everyone who would like to improve their overall health.

What makes this wellness coaching program the right fit for me?

- Convenient & flexible
- Dedicated health coach
- Guidance and support from Cleveland Clinic experts

Available eCoaching Programs:



Stress:

Don't let daily stressors have a negative impact on your health and wellbeing.



Pregnancy:

Our team of experts help guide you through pregnancy by providing information and coaching around healthy eating, exercise and sleep.



Menopause:

A personalized approach to each woman's unique experience through menopause focusing on nutrition, stress, sleep, and physical activity for optimal health.



Hypertension (High Blood Pressure):

Increase physical activity, make smart food choices, practice portion control, and manage stress to achieve a healthy blood pressure.



Weight/Waist Loss:

Lose weight and reduce waist size to improve health and vitality, while eliminating hidden health risks.



Weight/Waist Loss for Diabetes:

For the Diabetic and Pre-Diabetic. Similar to the weight loss program, but focuses on behaviors that directly impact the severity of diabetes.



Healthy Lifestyles:

For people of a healthy weight who want to stay engaged and continue to improve their overall health.

Register at ClevelandClinicWellness.com/Mayfield