



+  AZOVA



A Personalized Approach to Better Health

Your personal health and wellness coach partners with your primary care provider to prevent and address chronic disease and drive lasting change

Weekly one-on-one sessions via video or secure messaging

Personalized wellness plan with customized education modules



azova.com/pehp/healthcoaching



844.MY.AZOVA

Core Four Health Coaching

The first 3 months are fully covered by PEHP. Members can get up to 6 months based on specific health conditions.

Exercise and Movement

Find the activity that fits your body and lifestyle. Feel stronger, more flexible, and more energized.

Emotional Wellness and Resilience

Manage stress and strengthen your mindset—because emotional well-being drives physical health.

Nutrition

Get balanced, practical meal guidance without strict diets or restrictions.

Sleep

Improve your rest, recovery, and focus so you wake up ready for the day.

Coaching Intensives

Condition-specific coaching that to help you manage any of 12 conditions



Prediabetes



Diabetes



Hypertension



Cholesterol & Lipid



COPD



CHF



Obesity



Asthma



Smoking Cessation



Kidney Care



Insomnia



Medication Management & Adherence

Specialty & Support Services



ColonCheck® FIT

At-home colon cancer screening with easy sample collection and lab results



Tobacco Cessation

Personalized coaching and treatment support to help you quit for good



Dermatology

Skin conditions treated from home



Sleep Medicine

Diagnosis and treatment for sleep disorders



Behavioral Health & Coaching

Ongoing mental and lifestyle support



At-Home Testing

Convenient diagnostic kits delivered to you

Transform your health and habits through weekly coaching tailored to your goals and lifestyle.