

KNOW YOUR NUMBERS



The first step toward being your best is knowing your numbers for things like blood pressure, blood sugar and body mass index. Phillips 66 will be offering free on-site health screenings or you can visit your physician to complete an annual physical.

[Schedule your screening](#)

Once you get your screening results, you can work with a WebMD Health Coach to make strides toward a healthier life. Sessions are free and confidential. Whether you want to focus on fitness and nutrition or stress reduction and healthy sleep, a coach can help you reach your goals.



What is health coaching?

Health coaching is a series of confidential, one-on-one phone conversations that provide personalized support, planning and motivation to help you incorporate healthy choices into your daily life. You get to direct the conversation around what's important to you.



Why take advantage of coaching?

Whatever your wellness goal—whether it's to quit smoking, lose weight or manage stress better—a health coach can help you find your motivation.



What should I expect during a coaching session?

It's professional. Coaches hold bachelor's degrees in health-related fields.

It's personalized. Your coach will tailor a program unique to you.

It's easy. Schedule calls around your schedule, at times that work best for you.



Who are the coaches?

Each health coach has at least a bachelor's degree in a health-related field. Many have advanced training in areas including nutrition, exercise and quitting smoking.

[Learn more](#)