

Personify Health does offer health coaching for substance support.

HealthFlex participants and covered spouses can schedule a telephonic coaching session(s) through their Personify Health account.

Here's a brief description:

An honest conversation. That's all it takes to begin recognizing the effect dependence on alcohol, opioids, or other substances is having on your life. Start that conversation with a coach who understands the challenges.

This is a confidential, judgment-free zone where you'll identify triggers, define coping strategies, and find support as you make changes to break your habit. And if you need a care facility or professional, they'll help with that too.