



NEWS RELEASE

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Free Online Health Coaching Service Launches in New York and New Jersey

Starting May 28, women in New York and New Jersey will be able to access an online peer coaching service at no charge to discuss their physical and mental health concerns. The [service](#), which is offered by [UPIC Health](#), has a long history of providing patient engagement services.

The service will be staffed by Certified Health Coaches who have received additional training through the California Consortium of Addiction Programs and Professionals ([CCAPP](#)). The service is being launched in response to the many impacts of COVID-19 on women including unemployment, increased domestic violence, depression, and an uptick in addictions. Many people are ignoring existing noncommunicable diseases such as diabetes and heart disease out of fear of exposure to COVID-19. There is no charge for the service, and no health insurance is required.

According to Mary Tucker, CEO of UPIC Health, the pandemic has created a need for a face-to-face online experience with ongoing counseling sessions to provide a human connection for women who need it. They will never be charged for the service, and no health insurance is required. The only requirement is either a smart phone or a computer with internet connection.

“We believe women need to hear the words ‘I’m here’ rather than ‘Please hold,’” explains Tucker. “We offer a free service where a woman can look a peer coach in the eyes and get the guidance and support she needs.” In addition to the coaches – most of whom live in the New York City area – a clinical psychologist, a nutritionist, and a naturopath will be available for women needing additional help. Those with urgent needs will be referred to hospitals, clinics, and other providers.

While most online peer counseling requires a credit card or insurance, this service is designed for women without the funds to pay for counseling but need help. With fears of infection and lack of daycare or school, many women are overwhelmed and some are ignoring their own health needs.

UPIC is piloting the project in New York and New Jersey because they are among the states hit hardest by COVID-19. The goal is to roll the program out across the country in the coming months.

Women can reach out to the service beginning on May 28 at <https://upichealth.com/telehealth>.

Interested journalists can request more information or interviews from Tamar Abrams, Tamarabrams@verizon.net; (703) 855-4900.

UPIC Health provides outsourced Teleservices engaging patients through centralized patient administration, communication and care, delivering improved outcomes at reduced cost.