

# Health Coaching

Working with a coach can help you set goals, better understand your health, and ultimately lead to a healthier, happier life. Health coaching is a free, confidential service provided by your employer.

## Who Are Health Coaches?

Your personal health coach is a registered dietitian and fitness professional with expertise in areas such as sleep, stress management, and tobacco cessation. Coaches have also earned additional credentials, such as certified diabetes educator, health and fitness specialist, and exercise physiologist.

## What Can I Discuss With My Health Coach?

Health coaches can work with you to address almost any area of your overall health and wellness. Your health coach is passionate about health and wellness and will be a positive sense of accountability and motivation. In addition to helping you work toward your goals, your coach can also guide you through other aspects of your wellness program. Here are just a few of the goals you and your coach could discuss:



Reduce Stress



Manage Weight



Decrease Disease Risk



Improve Blood Pressure



Quit Tobacco



Sleep Better



Improve Eating Habits



Start or Change an Exercise Program



Run or Walk a 5K

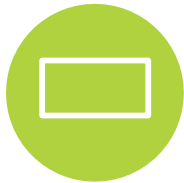
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## How do the coaching sessions work?

Once you've scheduled your first session, your coach will call you at the time and phone number you indicate. He or she may ask about any recent changes you've made, goals you've set, and any questions you may have. Each coaching session is tailored to you and what you're interested in at that time.

## How can I start working with a coach?

There are two ways to schedule a coaching session: through our online scheduler, or by phone:



### ONLINE:

Click on the coaching scheduler that is under the programs page and follow the prompts.



### PHONE:

A member of our Customer Care team can help you schedule an appointment over the phone. Simply call **1-855-595-2450**.

## Is there anything else I need to do to get started?

If you have specific health and wellness questions, feel free to bring them to your coaching session. Have you been thinking about making a change, or are you already working toward a goal? If so, these are great topics for discussion.

### What Coaching Participants are Saying:

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"I'm already looking forward to my next session!"  
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"My coach is great and helps to keep me motivated."  
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"It was easy to talk about my goals; my coach was so nice and encouraging."  
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"I feel like if I knew my coach in person, we would be friends!"  
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"My coach believed in me when I didn't believe in myself."

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**We look forward to helping you achieve your health and wellness goals!**  
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