

# Health Coaching

## **What Is Health Coaching?**

Health Coaching provides an opportunity for you to work with an experienced healthcare professional, your own personal health trainer to carve out just the kind of life you want to live. A coach is like a 'personal trainer', except it's for your whole self. Any concern that gets in the way of your health and happiness is the perfect subject for you to bring up.

## **Good Reasons to Meet With a Health Coach:**

- You would like to discuss the results from your health screening or health survey.
- You want assistance with a specific goal such as weight loss, smoking cessation, lowering cholesterol or blood pressure, increasing exercise or coping with stress.
- You are not sure if you are willing, able or ready to make any lifestyle changes but you would like better health.
- You would like support from an objective person to help you decide which lifestyle changes would benefit you (that you are willing to do).
- You know what you need to do but have just been stuck, unmotivated, or unable to maintain the behavior.
- You are not ready to change anything but it may be interesting to talk about your options if/when you are ready.

## **Why Is Health Coaching Effective In Helping People Change Behavior?**

- Our health coaches look at the big picture. They take the time to listen to your concerns and ask questions to understand what works for you and what doesn't.
- The approach used in our health coaching creates a partnership between you and your coach to reach your goals; they will give advice if you are interested but you will be the one to create your plan of action.
- The coaches support you in tracking your progress, addressing barriers that get in your way and identifying resources to assist you.
- Coaching does not involve criticism or judgment, but instead helps you figure out what's most important to you and how to get there.

**Interested? Call 1-800-941-5590 to schedule your health coaching appointment for a time that is convenient for you!**