Let our health coaches help you change your life.
How a health coach can help you manage your health

Your doctor may have prescribed a wellness plan so you can start making healthy changes. Maybe you have your own health and fitness goals.

Either way, a health coach can help you:

- Understand your health.
- Manage your symptoms.
- Follow your doctor’s plan.
- Know when to discuss concerns with your doctor.
- Make plans for medication management.

Health coaches can help with any of the following:

- Diabetes
- Coronary artery disease
- High blood pressure
- High cholesterol
- Asthma
- COPD
- Low back pain
- Pregnancy
- Anxiety
- Depression
- ADHD
- Substance abuse
- Weight loss
- Tobacco and smoking
- Nutrition
- Stress
- Fitness

Health coaching is:

- Easy and accessible.
- A source of support on your journey.
- Personalized for you.
- Confidential.
- Offered at no cost.

Why have a health coach?

Improving your health does not always come easy. Most of the time we know what to do. Of course, we should eat right and take our medicine on schedule. Too often, though, life gets in the way.

Our health coaches are nurses, counselors, social workers, dietitians, and exercise specialists. They can help you:

- Improve your health.
- Make lifestyle changes that last.
- Stay motivated.
- Keep your goal in sight.
- Overcome obstacles.

How it works

You’ll be paired with a health coach who understands what you’re going through. He or she will help you make changes, manage your health, and feel better.

If you aren’t sure where to start, ask your primary care provider which health coaching program can help you meet your health and fitness goals.

Hours of operation

Health coaches are available to talk to you Monday through Friday from 7 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m. Call 1-866-778-6073 (TTY: 711).