



Health and wellness coaching.

Get the support you need to make the changes you want.

Driven and paced by you and your dedicated coach, our Health and Wellness Coaching Programs are here to help you find the motivation you need to reach your personal goals.

What's more, our coaching programs will help you:

- Understand your health risks and how they affect your life.
- Get answers to pressing wellness related questions and concerns.
- Find support in your journey to better health.
- Set goals to make long-term lifestyle changes.
- Maintain motivation as you work toward those goals.
- Gain more control over your health.



Our Health and Wellness Coaching incorporates five specific program modules:

Tobacco/Nicotine Cessation

Get the personalized support and tools you need to help you quit smoking or using tobacco and nicotine products for good. We take a proven approach that uses lifestyle management techniques to help you stop, fight off cravings, and stay tobacco and nicotine free for life. What's in it for you? Even if you've tried to quit before, our

Stress Management

A flexible program designed to help you reduce the harmful effects of stress, tailored to your preferences and goals. Identify your stress triggers and develop strategies to overcome them with the help of your coach. What's in it for you? By reducing stress, you can improve your health and your ability to focus on what's important.

Weight Management

This program focuses on lifestyle changes you can stick with for life. Our coaches will assist you with effective, practical guidelines for creating your own healthy eating and exercise plan to help you reach your goals. What's in it for you? There are no weigh-ins or classes to attend - your coach will work with you to set goals and overcome obstacles to change.

Sleep Habit Management

Sleep is critical to your health and wellbeing. With your coach's help, you will be able to identify current barriers to getting a good night's sleep, establish strategies for overcoming them and create specific goals for better sleep habits. What's in it for you? Your coach will have regular contact with you to help you stay on track to make lasting changes to sleep better at night and be more energetic and productive during your waking hours.

Diabetes Prevention

A program aimed to people who have been diagnosed with high blood sugar levels that are not yet in the diabetic range, or who have concerns about developing diabetes because of family history or other reasons. What's in it for you? Working closely with your coach, they will help you to establish nutrition and exercise habits that reduce your health risk.

Good to know

Our Health and Wellness Coaching is educational and is not intended to diagnose health conditions, provide treatment recommendations or consultations on medications. Our health and wellness coaches are not a replacement for medical advice provided by a healthcare professional like your family doctor.

Who are our Health Coaches?

Coaches have extensive experience in the wellness industry and a variety of backgrounds. All have master's and/or bachelor's degrees, certifications, and training in areas including but not limited to:

- Certified Health & Wellbeing Coaching
- Nutrition
- Holistic health
- Tobacco treatment
- Nursing
- Diabetes prevention lifestyle coaching
- Exercise science
- Psychology
- Cardiac rehabilitation





The Health Coaching Process: How it works

When you contact us, our coaches will schedule your first appointment and conduct an intake assessment. The assessment helps the coach better understand a little more about you and your areas of focus in order to provide you with individualized support and ensure that you are enrolled in the right program.

Your coach will work with you to:

- Establish and track goal progress
- Provide resources and support
- Assess progress
- Discuss barriers and triggers
- Determine effective strategies
- Evaluate the effectiveness of behavior change strategies
- Examine relapse situations
- Revisit self-efficacy and motivation
- Revise the plan as needed
- Encourage and applaud your success

What to expect

First, you will be asked to identify your wellness vision. What would you like to achieve? We will work with you to help you identify your goals, determine what your first two-week action plan will be and help you put a detailed plan in place.

Every two to four weeks you will do a goal review with your coach. They will help you look at your progress, celebrate successes with you, and help you change or modify your action plan as needed. Your coach will also help you determine what you want your next action plan to be. Plan for up to 30 minutes to complete future sessions.

Even though your health coach will initiate a goal review with you every two to four weeks through graduation, you are welcome to contact them anytime if you have questions, need information or inspiration, or could use little extra coaching to help you get past a challenge.

