

Health coaching

Getting and staying healthy can be hard work.
Our health coaches can help.

Health coaches give you one-on-one support

Are you ready to improve your health and your life? Our certified health coaches can give you the information, guidance and encouragement you need to help you set realistic goals and reach them.

How does it work?

Health coaching is **convenient** and is offered at **no cost to you**. It happens over the phone or through email. Your coach will reach out to you to plan sessions to fit your schedule. Coaches are flexible and available during daytime and evening hours. And you can start or stop at any time.

Are you eligible?

Health coaching is open to all benefit eligible faculty and staff and covered spouses/household members.



Nearly 100% of members surveyed say they were satisfied or very satisfied with their health coaching experience.

The health coach quiz

Check all the situations that apply to you.

- ☐ Do you want to stick to a healthier eating plan?
- ☐ Do you want to get more exercise?
- ☐ Are you trying to lose weight?
- ☐ Do you need to lower your cholesterol or blood pressure?
- ☐ Are you running low on motivation?
- ☐ Do you wish there was someone to encourage you?
- ☐ Do you want extra support to help you reach your health goals?
- ☐ Are you looking for a coach that won't cost you anything?

Did you check off any of the boxes? If you did, you may want to try health coaching.

Learn more

Contact a health coach at ph-healthcoachteam@priorityhealth.com
or call 800.998.1037 and choose option 7.