

Health coaching – Improving the quality of life

When you or a loved one has a health concern, caring health coaches offer education and support

- Making lifestyle changes to adapt to health concerns or improve your health
- Use nutrition and exercise to improve your overall wellness
- Learn ways to effectively communicate with health care providers
- Know what questions to ask when going to the doctor
- Find answers to questions regarding diagnosis, testing, medications and procedures
- Learn ways to live well with illness and slow its progression



This service does not provide medical advice, nor does it replace medical services provided by a medical professional.

Health Coaching is provided through your
Employee Assistance Program