

# HEALTH COACHING



Wellness goals may be personal, but nobody should have to navigate it alone. A certified coach can guide and encourage you to set goals to build healthier habits and improve your wellbeing.

## WHAT CAN I EXPECT FROM A COACH?

- Guidance to determine your personal wellness goals
- Expertise to help you achieve healthier habits
- Availability to connect via phone or email
- Flexibility to meet as often as you like: weekly, monthly, etc.

## HOW DO I GET STARTED?

- **Call:** 1-800-882-2109
- **Email:** [coaching@mywellportal.com](mailto:coaching@mywellportal.com)

## WORK WITH YOUR COACH ON:

- Smoking Cessation
- Nutrition
- Emotional Wellbeing
- Sleep Hygiene
- Fitness
- Finding Your Purpose
- Weight Management
- Family Relationships
- Occupation
- Prenatal Health
- Finances