

Connect with a wellness coach today

# Say hello to BETTER HEALTH



## Ready to start moving in a healthier direction?

Changing your habits can be hard, but working with a wellness coach can help you make it happen. You'll get one-on-one guidance and support from one dedicated coach who can help you set goals, stick to them, and, most importantly, see results.

## What do you want to work on?

Wellness coaching can get you started on a healthy path—and give you tools, resources, and encouragement to help you see it through. It can help you:

- Achieve a healthy weight
- Stop using tobacco
- Become more active
- Reduce stress
- Eat healthier

## Make the first move

Call **800-777-7904**, Monday through Friday, from 8:30 a.m. to 7:30 p.m.; Saturday, from 11 a.m. to 2 p.m.; and Sunday, from 10 a.m. to 1 p.m., to make an appointment. Coaching is offered in English and Spanish, no referral is needed, and there's no charge for Kaiser Permanente members.

## How wellness coaching works

Our wellness coaches are health educators with expertise in preventive health care and behavior-change counseling. They don't tell you what to do—they use your goals to create a customized action plan and help you discover techniques that work for you.

[kp.org/coaching](https://kp.org/coaching)

