

# Health and Wellness Coaching

Would you like support with making healthy lifestyle changes in your life? Not sure how to get started or stay motivated? We understand. Change is hard, but luckily there are professionals trained to help you take control of your health and wellness goals.

And the good news, if you are a Women's Medicine Collaborative primary care patient, there is no charge to begin your individualized health coaching sessions today!

The Lifestyle Medicine Center's dynamic Health Coaching program can help you develop and maintain new skills to reach your health goals. By using a variety of behavior change approaches designed to help you identify goals, build momentum, and overcome barriers you'll have a support team with you the whole way. From day one, you will be assigned a health coach who will ask you questions like, "What is *your* vision of your optimal health?" and "What's important to you as you think about your overall wellness?" Health coaches know that you are the expert of your own life. It's their job to support you not judge you. You decide what's important to you. Together, you will access your core motivation, create a plan, establish accountability and make changes as you learn and grow. Your role is to show up, do your best and be open and honest about your successes and challenges.

## maximum reach

Health and Wellness Coaches work with you in any of the following areas:

- movement, exercise and rest
- nutrition
- tobacco cessation
- medical self-care
- stress management
- weight management
- mind-body connection



## directed action

Health coaching effectively motivates and supports health behavior change through a structured partnership. Your coach assists you with developing and realizing your optimal health vision through inquiry, personal discovery and accountability. Progress is reinforced through ongoing support and follow-up sessions with the same dedicated Health Coach. Since needs and rate of change differ for everyone, you will work with your coach to determine frequency and the number of coaching sessions.

## accessible delivery

Our Health Coaching program is delivered through person-to-person interaction that is both proactive and reactive. You and your coach are able to connect via MyLifespan patient portal, conduct sessions via Zoom, telephone or in-person. This allows for real-time access, fostering accountability and a strong working relationship.

## resource support

Health and Wellness Coaching provides an important access route to additional health management resources, such as self-help information, community resources and Lifestyle Medicine programs, classes and services. Always wanted to try yoga or book an acupuncture session? Talk to your coach, she can point you in the right direction.

## solid expertise

The Lifestyle Medicine Center has a long track record of helping individuals make significant lifestyle changes. Our Health Coaching team is staffed by degreed and certified professionals specifically trained to understand the barriers that prevent folks from reaching their goals and provide practical solutions to address potential roadblocks.

## get started

For additional information on how to enroll, contact the Lifestyle Medicine Center at 401-793-7837.

### appointment info

Initial appointments are 60 minutes, allowing time for you and your coach to get to know each other, assess your level of readiness and establish a wellness plan. Follow-up visits average 30 minutes.



**Lifespan Lifestyle Medicine Center**

*A Lifespan Physician Group Practice*

*Delivering health with care.®*