

Health Coach Program

Are you ready to make positive lifestyle changes to improve your health?
We are now offering **FREE** personalized health coaching!



Ask your provider for more information today!

Our coaches offer the following at **NO CHARGE** to you:

- Help defining YOUR health-related goals based on what matters most to you
- Friendly weekly visits either in-person, or via phone or confidential video call
- Guidance for improving your self-management of chronic conditions and communicating with your provider
- Educational information about health-related topics and community resources that may benefit you
- Encouragement as you challenge yourself through self-defined goals

"If it wasn't for my health coach, I would not have stopped drinking soda or started walking every day. Gloria gave me lots of resources including recipes so I could try healthy eating. My health coach supported and encouraged me. The program was excellent. My health coach helps others and I like that. I know if it wasn't for my coach, things would not be as good as they are now. My coach Gloria was put in my path for a reason."

Melissa H.

Roles of a Health Coach

Self management support	Bridge between provider and patient	Navigation of healthcare system	Emotional support	Continuity of care
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