

# Health Coach Program

Would you like to make positive changes to improve your health?

We are now offering **FREE** personalized Health Coaching!



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

- Help defining YOUR health-related goals and what matters to YOU
- Friendly weekly phone calls to check in and see how you're doing
- Guidance for improving communication between you and your primary care provider
- Face-to-face visits in person or via a confidential telehealth video chat
- Educational information about topics that matter to you
- Advocacy in navigating the healthcare system
- Encouragement as you work toward making positive changes to improve your health

**Ask your care team for more information today!**

*Currently accepting patients with Medicaid and Medicare*

*"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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