

What is Health Coaching?

Health Coaching helps patients build the knowledge, skills, and confidence required to manage their chronic conditions and improve their health. Health coaches empower patients to play a central role in clinical encounters and to engage in self-management activities at home, work, and schools, where they spend most of their lives.

Who is a Health Coach?

Health coaches are experienced professionals, who have worked with many people like you to improve their health and live better lives. Health Coaches are Certified or Registered Health Coaches (RHC) and have extensive, ongoing training in health coaching and meeting the unique needs of our community.

How will Health Coaching help you?

- ✓ Manage your chronic conditions
- ✓ Improve your health status
- ✓ Reach and maintain your weight management and personal fitness goals
- ✓ Improve your knowledge of your personal health needs
- ✓ Develop new skills toward healthy living
- ✓ Improve your work and life balance
- ✓ Feel better about yourself because you are healthier
- ✓ Improve your relationships with family, friends, and coworkers
- ✓ Get better rest and function better at work and life
- ✓ Reduce your out-of-pocket health care costs
- ✓ Improve your attendance and career opportunities
- ✓ Create more opportunities for a better future

How to talk to a Health Coach?

It's easy, simply visit www.healthfactors.net/coaching or call 319-775-5272. You can also email support@healthfactors.net to set up a free consultation.