

Make a Healthy Change with Personal Health Coaching from Health Net

When it comes to your health, making a lifestyle change can be hard. One thing's for sure – it's rarely done without a lot of support. Though support can come from family, friends and others, often the help of a health coach can make the difference.

Get support and be inspired

Working one-on-one with a health coach can help you make the healthy change you're looking for.

- Learn what to expect when trying to make a change
- Think about what drives you and why you're ready for this program
- Decide exactly what you want to focus on
- Set your goals
- Track your progress

Best of all, your coach will **help you stay with it!**

How the Health Coaching program works for you:

- Begin with a candid talk with your coach. Learn about each other, and ask questions about how your coach likes to work.
- Next, your coach will ask some questions about your health and routine. Then, together you'll set some goals.
- Throughout the program, your coach will help you stay on track with your goals – and reassess them along the way.
- You will have scheduled calls with your coach for the length of the program. Plus, you can call or write a secure email to your coach anytime you like.

(continued)



Sign up now!

Log in to
www.healthnet.com/uc
and visit our
Wellness Center.

Discuss health behaviors, including:

- How to maintain a healthy weight and body mass index (BMI)
- Proven steps to quit smoking or tobacco cessation
- How to increase your physical activity
- Making better food and nutrition choices
- Learning to manage stress

Anytime access

Connect with the program online! You and your coach can discuss your health information in real time, when it matters most. And, you'll have access to health-enhancing tools and resources anytime, day or night.

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