Health coaching

Getting and staying healthy can be hard work. Our health coaches can help.

**Health coaches give you one-on-one support**
Are you ready to improve your health and your life? Our certified health coaches can give you the information, guidance and encouragement you need to help you set realistic goals and reach them.

**How does it work?**
Health coaching is **convenient** and is offered at **no cost to you**. It happens over the phone or through email. Your coach will reach out to you to plan sessions to fit your schedule. Coaches are flexible and available during daytime and evening hours. And you can start or stop at any time.

**Are you eligible?**
To participate in health coaching, you must have a changeable health risk, like a high BMI or high cholesterol.

_Nearly 100% of members surveyed say they were satisfied or very satisfied with their health coaching experience._

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The health coach quiz

Check all the situations that apply to you.

- Do you want to stick to a healthier eating plan?
- Do you want to get more exercise?
- Are you trying to lose weight?
- Do you need to lower your cholesterol or blood pressure?
- Are you running low on motivation?
- Do you wish there was someone to encourage you?
- Do you want extra support to help you reach your health goals?
- Are you looking for a coach that won’t cost you anything?

Did you check off any of the boxes? If you did, you may want to try health coaching.

Learn more

Contact a health coach at ph-healthcoachteam@priorityhealth.com or call Customer Service at the phone number on the back of your membership card and ask to speak to a health coach.
Health coaching FAQ
Expert information, advice and encouragement to help you be your healthiest.

Q. What’s health coaching?
A. It’s a program that pairs you with a health coach who gives you information, advice and encouragement about topics like:

- Healthy eating
- Exercise
- Weight management
- Stress management
- Tobacco cessation

Your coach helps you set and reach health goals, and it’s all done over the phone, email or in person.

Q. Why should I participate?
A. Your health is your most important asset. Working with an experienced, certified health coach gives you resources and support to help you be your healthiest. You may also want a health coach if:

- **You’re running low on motivation.** A health coach can help you build confidence, provide support and offer inspiration.

- **You need someone on your side.** Your health coach is like a really knowledgeable friend who’s there to listen, ask good questions and keep you on track with your goals.

- **You need help recognizing successes.** A health coach can help you identify wins and celebrate your progress.

- **You need extra support.** Health coaching can enhance and support other wellness programs you participate in like Jenny Craig®, Weight Watchers® or fitness classes.

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Q. **How does health coaching work?**
A. Health coaching is confidential and convenient. It happens over the phone, through email or in person.

- **Your first coaching session:** You and your coach will develop personal goals, an action plan and review your health assessment results.

- **Additional coaching sessions:** You’ll work with your coach to review your progress toward your goals, explore and resolve challenges and set your goals for the next session.

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Q. **How much does it cost?**
A. Health coaching is offered at no cost to qualifying members. It's one way Priority Health is a healthier approach to health care.

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Q. **Am I eligible to participate in health coaching?**
A. To participate in health coaching, typically you must have a changeable health risk, like an unhealthy weight, high blood pressure or high cholesterol.

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Q. **Is health coaching voluntary?**
A. Yes. You can start or stop the program at any time.

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Q. **When are health coaches available?**
A. Health coaches are available during daytime and evening hours.

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Q. **How does health coaching work with other Priority Health programs?**
A. Your health coach can link you with our care management, pharmacy and behavioral health programs if you would like extra support.

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Q. **How long does health coaching last?**
A. It’s usually three months and can vary based on specific needs. You and your health coach will discuss how many and how long of sessions are best for you.

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Q. **What training do health coaches receive?**
A. Our health coaches have received wellness and health coach training, and they’ve passed written and oral exams from a nationally recognized certification organization.

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