



take charge of your health

Creating a lifestyle change isn't easy, but by making the decision to lead a healthier life you've taken the first step. It's the second step that tends to be the most difficult, but we're here to help. Whether you want to manage your diabetes more effectively, lose weight through exercise and better nutrition, or have a more positive outlook on life, our health coaches will provide you with the support and knowledge you need to make lasting changes to achieve better health and well-being.

Health coaches are licensed registered nurses, dietitians, respiratory therapists, social workers, and other certified health professionals who encourage self management and educate members on living a healthy life.

HEALTH COACHING PROGRAMS CAN HELP YOU MEET YOUR PERSONAL HEALTH GOALS FOR:

- Asthma
- Diabetes
- Coronary Artery Disease (CAD)
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Fitness and Nutrition

WITH THE SUPPORT AND ENCOURAGEMENT OF A HEALTH COACH YOU CAN:

- Set short- and long-term goals.
- Create action plans and keep track of your progress.
- Outline your strengths and develop strategies to use them to achieve your desired outcomes.

YOU MAY BENEFIT FROM HEALTH COACHING IF YOU:

- Are looking for motivation, discipline and accountability.
- Need a personalized plan to achieve your unique needs.
- Find all the information on fitness, health and nutrition overwhelming.
- Want assistance that is private and confidential.

To speak to one of our knowledgeable health coaches, call (716) 631-2661 or 1-800-257-2753, Monday through Friday, 8 a.m. to 5 p.m.
TTY users call (716) 631-3108.

