



LIFESTYLE COACHING

by AdvantageHealth

WORK WITH A PERSONALIZED HEALTH COACH!

Health coaches will work one-on-one with employee participants via phone or email, empowering them to make long-term, healthy changes. This includes building confidence and skills that they can use long past the end of the program.

CHOOSE FROM THE FOLLOWING TOPICS:

- Fitness
- Nutrition
- Weight Management
- Stress Management

HOW THE PROGRAM WORKS: 6 CALLS | 15 - 20 MINUTES PER CALL | PHONE OR VIDEO CALLS

Oftentimes we know that we need to make healthier choices in our lives, but we are lacking one key piece- the motivation. Our lifestyle coaching program is designed to empower participants to find their “why” and to develop a plan for sustainable behavior change. It’s an ideal program as a follow-up to our health risk assessment to assist with reducing health risks or to offer as a stand-alone program. Participants will have the opportunity to receive six coaching sessions with a certified health coach from AdvantageHealth. Each coaching session consists of a 15-20 minute phone call or Zoom video call and addresses areas such as: readiness to change, goals, motivation, triggers, coping skills and relapse prevention. Coaching sessions are scheduled for when it works best for participants’ schedule and all sessions are completely confidential.

GET STARTED:

Email Kristine Keykal at kkeykal@advantagehealth.com to get started or call 612.823.4470 (select option “1”).



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