



Thinking about a healthier lifestyle?

Talk with a health coach

Wellness Coaching by Phone offers support through one-on-one phone or video calls with a coach as you discuss:

- Your health goals.
- The process of change.
- Ideas to help jump-start your motivation.
- Tools to help overcome common obstacles.
- Options for new resources and next steps.

Group Health Coaching offers the benefits of one-on-one coaching in a 4-week online group. This program may be right for you if you:

- Enjoy the energy and accountability of a group environment.
- Appreciate the dynamic of sharing ideas with others.
- Are interested in expanding your social network and building community.

Call **503-286-6816** or **1-866-301-3866**, option 2, to learn more and enroll.

You also can register by signing on at **kp.org/appointments**. Click "Schedule appointment," then select Health Coaching-Wellness Education. Select "Health Coach," then follow the prompts and make your selections to finish registering.

Wellness coaching is for Kaiser Permanente members 18 and older at no additional cost. It is available Monday through Friday.

kp.org/healthengagement