

# HEALTH COACHING



## Good For You!

Wellness programs by SCHOOLCARE



### HOW CAN HEALTH COACHING HELP ME?

Health Coaching is your opportunity to have one-on-one conversations with a Health Professional to help you set and reach personal health goals that matter to you. Health Coaches are a partner who can keep you engaged and motivated, while helping to track progress and support you in the journey towards a healthier lifestyle.

### NOT SURE HOW TO GET STARTED OR WHAT TO TALK ABOUT?

Choose one of two options that work best for your busy schedule.

#### Nutrition

1. *Build a relationship and feel connected with your coach by calling Viverae at 888-848-3723 and choosing option "6".*
2. *Send a secure message through your **Good For You!** Inbox.*

#### Quality of Life

The top three goals coaches are helping SCHOOLCARE participants with today are: building nutrition plans that work for their lifestyle, changing behaviors to better their quality of life, designing plans to increase physical activity.

Here are some commonly asked questions when getting started.

#### Physical Activity

- *I just can't seem to lose weight. What should I do differently?*
- *My cholesterol numbers came back elevated during my biometric screening. What does that mean?*
- *I want to walk/run my first 5k! How should I prepare?*

Want to experience a live coaching session? Visit the "Health & Wellness" tab at [www.schoolcare.org](http://www.schoolcare.org) and meet Joe, an average guy looking to make the first step on his path to wellness.



"What should I expect when engaging with a coach?"

### GET STARTED TODAY!

Make time for yourself. The average telephonic coaching session lasts 15 - 20 minutes. Coaching can help you to feel better, have more energy, and stay engaged. You'll be so proud of your accomplishments.

The rewards of a healthy lifestyle are priceless...

Please note: Cash incentives, payments and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.



• 888-VIVERAE (848-3723) • [www.schoolcare.org](http://www.schoolcare.org)