

# What is Health Coaching?

Have you been diagnosed with a chronic condition like asthma, diabetes, or heart failure? Have you ever tried to make a healthy change to improve your health?

Maybe you've set out to exercise more often, eat healthier foods, or quit smoking.

These types of changes can be challenging to make. Even if you know they'll be good for you!

Health coaching can help. A health coach can support you in making healthy lifestyle changes so you can take more control of your health.

Like any good coach, they will support and encourage you. They can help you: learn more about your diagnosis and medications, set goals that you can reach, and develop healthier habits.

You and your health coach can work together to help you find ways to manage your health condition and feel your best.

A health coach does not take the place of your doctor. They do not give medical advice or prescribe treatment.

But they can teach you about your condition and help you recognize and overcome barriers or challenges you may face while managing your health.

A health coach can help keep you on track with reminders and check-ins, and provide guidance when you need it most.

And they can also work with your doctors, nurses, and other experts to support your treatment.

You know yourself best. When working with a health coach, you will understand your health condition better.

You will learn how to keep up healthy habits and feel more confident in speaking up for your needs.

Many health plans offer health coaching at no cost to their members. To learn about the health coaching services available to you, call the member services number.

You'll find the number on your member ID card.