



HEALTH COACHING

WHAT IS HEALTH COACHING?

A health coach will encourage you to utilize your strengths and values to create change.

Your health coach will help you to understand your individual health risk factors, assist you in making personal health goals, congratulate you on your successes, offer suggestions and promote positive lifestyle changes. Communication is based on your preference, face-to-face or by telephone.

WORK WITH A COACH ON:

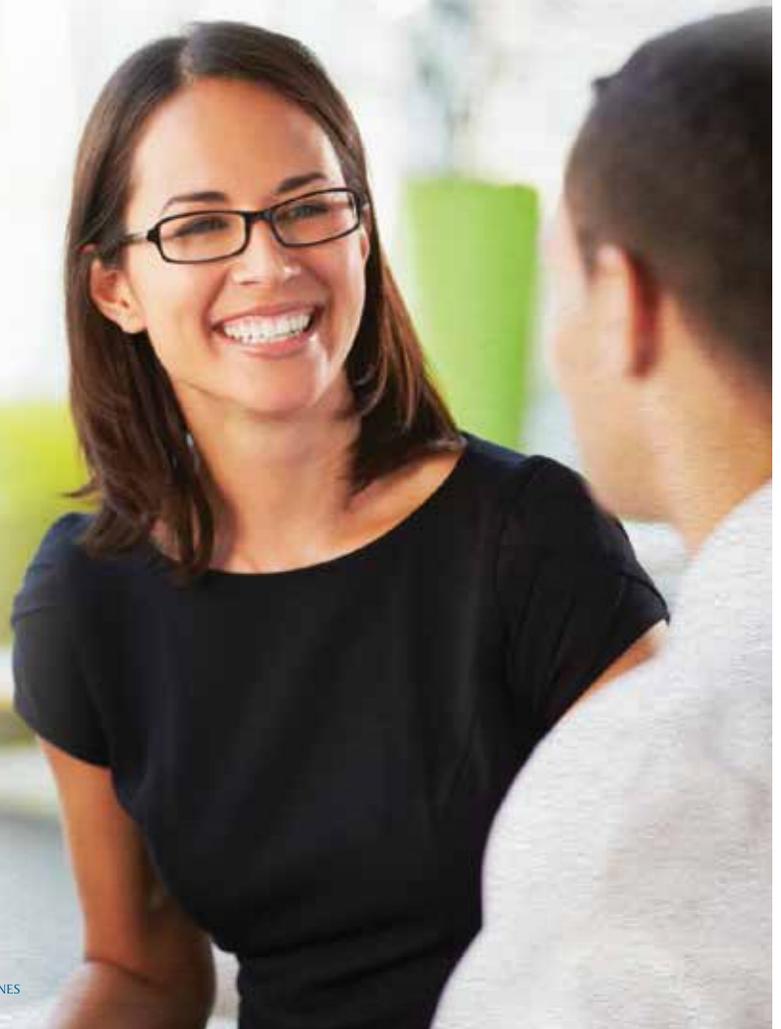
- Fitness
- Stress Management
- Heart Health
- Weight Management
- Nutrition

WHAT YOU CAN EXPECT:

- 15 to 20-minute sessions
- Collaborative discussion on needs and wellness goals
- Discuss motivation or change
- Setting goals and making a plan to achieve them



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HOW TO PREPARE FOR YOUR COACHING SESSION

- Complete on-line health risk assessment and review results
- Be ready and willing to share your needs and goals
- Come dressed as you are; no workout attire is necessary
- Coaching is not personal training or exercise prescription

HOW TO SCHEDULE YOUR COACHING SESSION:

You can decide how to schedule your coaching session (choose one):

1. Call (920) 926-5678 to schedule a session; or
2. E-mail workandwellness@agnesian.com.

CONFIDENTIALITY

Your personal health information will not be shared with your employer or insurance provider. No personal information will be sold or shared with any third party.

Your health coach will keep a documented record of your coaching session. Like all personal health information, this record is in compliance with HIPAA, and held to the same strict confidentiality standards.

BENEFITS OF COACHING

- Track progress toward your personal wellness goals
- Guide you to effective actions to meet specific goals
- Provide resources around a broad range of health topics
- Provide accountability on your progress; supporting you to succeed



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