



Connect with a wellness coach today

Say hello to better health

Ready to start moving in a healthier direction?

Changing your habits can be hard, but working with a wellness coach can help you make it happen. You'll get one-on-one guidance and support from one dedicated coach who can help you set goals, stick to them, and, most importantly, see results.

What do you want to work on?

Wellness coaching can get you started on a healthy path—and give you tools, resources, and encouragement to help you see it through. It can help you:

- Achieve a healthy weight
- Stop using tobacco
- Become more active
- Reduce stress
- Eat healthier

Make the first move

Call **1-866-862-4295**, Monday through Friday, from 10 a.m. to 10 p.m. Eastern time, to make an appointment. Coaching is offered in English and Spanish, no referral is needed, and there's no charge for Kaiser Permanente members.

How wellness coaching works

Our wellness coaches are health educators with expertise in preventive health care and behavior-change counseling. They don't tell you what to do—they use your goals to create a customized action plan and help you discover techniques that work for you.

kp.org/coaching

