

ARE YOU READY FOR HEALTH COACHING?

A **Health Coach** can help you make the right lifestyle choices to live a more balanced and engaging life.

The main goal of Health Coaching is to encourage positive, sustainable behavior changes in areas such as nutrition, physical fitness, or stress management. Although dietitians, personal trainers and psychotherapists provide similar services, what makes a Health and Wellness Coach different is not so much what topics they address, but **how** they address them.

Often clients know what they want but they haven't found the motivation within themselves to reach their goals. That's where Health Coaches can make a difference.

The client-directed approach to health coaching is based on a counseling technique called motivational interviewing. In this technique, Health Coaches ask nonjudgmental, open-ended questions that provide opportunities for clients to explore their motivation for change and, in collaboration with their coach, develop strategies to change the behaviors that are personally meaningful and self-directed.

Getting regular exercise, maintaining a healthy weight, not smoking, and getting enough hours of sleep each day are just some of the behaviors known to help prevent chronic disease. Health Coaches are trained to help individuals make small adjustments to their current behaviors that result in big health benefits.



What Can a Health Coach Do For You?

Do you want to understand more about how to eat a balanced diet and what would work best for you?



A Health Coach will guide you to develop behavior change strategies & establish routines.

Do you need more energy to make it through a busy day?



A Health Coach will guide you to develop strategies for behavior changes and establishing routines.

Are you ready to take back your health to live a more balanced and engaging life?



A Health Coach will help you identify the right lifestyle choices for you to live a life with better health.

Your **health and wellness** is foundational to living the life you love, each and every day.



New Wellness Program!

HEALTH COACHING

Sign up for one-on-one coaching today.



State of New Mexico employees and spouses/domestic partners enrolled in Presbyterian medical plan now have access to Health Coaching through **The Solutions Group**, a division of Presbyterian Healthcare Services. A Health Coach will facilitate and empower you to develop and achieve self-determined wellness goals. Coaching sessions are one-on-one with a trained Health Coach that has additional expertise in wellness, nutrition or exercise physiology.

Health Coaches will help you to:

- Set appropriate goals
- Create an action plan
- Identify personal motivation
- Establish coping skills and a reliable support system

Health Coaches will work with you to:

- Eat better
- Lose weight
- Become more active
- Reduce stress
- Sleep better/have more energy
- Prepare for a specific event (5k, medical procedure, etc.)

To sign with a health coach:

GO TO: www.research.net/r/SONMHC

EMAIL: Wellness-SoNM@phs.org

or CALL: (505) 923-8485

Once registered, please allow up to 10 business days to be contacted by a health coach.

Coaching sessions are through phone, email or zoom video calls.

You are receiving this letter because you or a member of your family is enrolled in Presbyterian Health Plan through State of New Mexico Group Benefit Plan.