

# Guiding You To Your Best Health Yet

PERSONAL HEALTH COACHING FROM HARVARD PILGRIM

## Where there's a will, there's a personal health coach.

Reaching a wellness goal may seem out of reach at times. We all have faced situations where following through on our resolve is more difficult than it seems. Even with the best of intentions, having the proper support system in place can make the difference between failure and success.

## Coaching you to better health

No matter what kind of challenges you face, Harvard Pilgrim personal health coaches will support, educate and motivate you on your way to better health. Our coaches are nurses who have received additional training and certification as health and wellness coaches. They are ready to help you achieve a range of health goals, including:

- Controlling blood pressure
- Managing weight
- Increasing physical activity and exercise
- Lowering cholesterol
- Eating better
- Smoking cessation
- Reducing stress and finding life balance
- Dealing with back pain

## Programs tailored just for you

During one-on-one telephonic coaching sessions, your personal health coach will help you adopt a healthy lifestyle by:

- Assisting you in identifying barriers to wellness and lifestyle management
- Collaborating with you to set realistic personal health goals
- Referring you to appropriate resources to coordinate health care plans and services
- Monitoring your progress toward achieving your goals



## Every destination needs a roadmap

Our coaches are trained to work with you to develop realistic and achievable goals. Once you and your coach agree on a plan, your coach will stay in regular telephone and email contact with you to encourage and support you. Your coach is there with help when you need it, and will offer well-deserved congratulations when you achieve major and minor milestones.



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## Did you know?

While every member looking to address a lifestyle goal has access to a wellness coach, we also have nurse care managers on staff to help those challenged with more serious health issues. Nurse care managers can help members living with diabetes, asthma, heart failure and much more.

## Take that first step today

The first step toward your own healthy future is to take Harvard Pilgrim's Personal Health Assessment (or Health Questionnaire). There are no right or wrong answers, but it will tell you if you're on the right track to good health and, if not, how to get there. Once you complete it, an Individual Profile will be available immediately, providing you with a wellness score and valuable information about your health and lifestyle. In addition to giving you a snapshot of your health, this confidential online tool includes tips and resources to help improve your health.

**To connect with your Personal Health Coach**, say "Yes" to the Health Coach question. Get started by logging in to your secure *HPHConnect* for Members account at [www.harvardpilgrim.org](http://www.harvardpilgrim.org) today!



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