

Connect with a wellness coach today

You can do it.  
Your coach  
can help.



## Your personalized path to better health

Working with a wellness coach can help you to reach your goals with a personalized action plan and one-on-one support. You'll work with the same coach for your entire program, so they can get to know you and help you discover what works for you.

## Having someone in your corner can make all the difference

Your coach is there to keep you motivated, track your progress, and celebrate your successes. Wellness coaching can help you:

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

## Get started today

Call **1-866-862-4295**, Monday through Friday, from 7 a.m. to 7 p.m. Pacific time to make an appointment. Coaching is offered in English and Spanish,<sup>1</sup> no referral is needed, and there's no charge for Kaiser Permanente members.<sup>2</sup>

<sup>1</sup>Spanish-speaking wellness coaches are not available in Hawaii.

<sup>2</sup>Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team (not available for Kaiser Foundation Health Plan of Washington members at this time).

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

## Wellness coaching works

*"My coach, Kimberli, cares about me – she remembers my circumstances and is interested in what's happening in my life – and she's there to help."*

**– Terri, lost 40 pounds and kept it off**

*"On a scale of 1 to 10, my stress level was a 10. Today I am happier and much more confident in identifying specific steps to reduce stress."*

**– Claudia, learned how to keep stress in check**