

# OPTION 1: Work with a wellness coach over the phone

Complete seven (7) or more wellness coaching sessions with a Kaiser Permanente Telephonic Wellness Coach between November 13th, 2023 and April 30th, 2024, and submit a completed Wellness Coaching Session Log to [wellness@nmusd.us](mailto:wellness@nmusd.us) by April 30th, 2024.

Wellness Coaching Session Log				
	Date of Coaching Session	Wellness Coach's Name	Notes	Date of Next Session
Call 1				
Call 2				
Call 3				
Call 4				
Call 5				
Call 6				
Call 7				
Congratulations! You have met the OPTION 1 requirement of completing seven (7) telephonic coaching sessions with a Kaiser Permanente Wellness Coach. However, you may continue with your coach at no cost for as long as you are a Kaiser Permanente member.				
Call 8				
Call 9				
Call 10				