

OPTION 1: Work with a wellness coach over the phone

Complete six (6) or more wellness coaching sessions with a Kaiser Permanente Telephonic Wellness Coach between November 12th, 2025 and April 30th, 2026, and submit a completed Wellness Coaching Session Log to wellness@nmusd.us by April 30th, 2026.

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				

Congratulations! You have met the OPTION 1 requirement of completing six (6) 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.