

# Talk to a coach about weight management

Teaming up with a health coach can be the difference between setting goals and meeting them. If you want some help getting to a healthy weight, take charge with our weight management coaching program – totally free for HealthPartners members!

Your coach will listen and help you come up with actions and goals that work best for you. Together you'll decide how often and how long you work together. No shame, no blame, no unrealistic expectations. Just positive support to help you get where you want to be!

Call us at **(800) 311-1052** to set up your first session or learn more at **healthpartners.com/weight**

**Coaching eligibility: You must be at least 18 years old and have a BMI of 30 or greater.*

HealthPartners®

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