Telephonic Health Coaching is brought to you courtesy of A Healthier You™ at Blue Cross and Blue Shield of Kansas City (Blue KC). Health Coaching provides health information and support based on YOUR needs at YOUR convenience.

General Lifestyle Coaching
Do you want to live a healthier life? Health coaching can help you do so by allowing you to create a program that works for you and your health needs. Your health coach will provide you with:

- An in-depth review of your Health Risk Appraisal (HRA) results.
- Answers to questions about healthy living.
- Help with motivation and positive thinking.
- Ongoing support to help you achieve and meet specific health goals.

Weight Management Coaching
If you are struggling to maintain a healthy weight and looking for help getting on the right track you may want to consider telephonic health coaching. They may be able to help you:

- Set realistic goals for weight loss and maintenance.
- Improve weight management strategies.
- Plan for better nutrition at meal times.
- Develop strategies for adding physical activity into your daily routine.

Tobacco Cessation Coaching
Success in tobacco cessation is possible, especially when it is encouraged. It is often hard to quit on your own. During calls your health coach will:

- Help determine your readiness to quit, as well as a quit date.
- Support you days before you quit and on the actual quit date.
- Assist you throughout the withdrawal period.
- Educate you about the impact of quitting.
- Help you develop a relapse prevention plan.

Stress Management Coaching
Stress can affect anyone, at anytime and can even affect your health. If you feel as though the stress you endure is becoming overwhelming and you need support, a health coach can help. They have the ability to:

- Help you identify key stressors in your everyday life.
- Discuss ways to improve tactics for dealing with stress as well as preventing stress-related health problems.
- Provide support during stressful times.

For more information call us today!
1-800-851-8091