

The benefits of health coaching

You have ...

- Guidance to make important changes to help improve your quality of life and health
- Assistance in interpreting your MyHealth Questionnaire scores and screening and lab results
- Referrals to programs for managing physical and mental health concerns, such as diabetes, high blood pressure, pregnancy, depression, or asthma
- Connections to other resources available through UPMC MyHealth and UPMC WorkPartners
- Follow-up support to help you stay on track to a healthier you

Call today to see how a health coach can help you take a step toward better health.

Call 1-800-807-0751

Monday through Friday from 7 a.m. to 7 p.m.

Saturday from 8 a.m. to 3 p.m.



Health coaching is a confidential service. Health coaching services and materials are provided at no cost to you. Eligibility for specific health coaching services is determined by your employer's contract with UPMC WorkPartners. Call a health coach to learn more about the services available to you.

UPMC
WorkPartners

One Chatham Center
112 Washington Place
Pittsburgh, PA 15219

www.workpartners.com

Health Coaching

Make the call for a healthier life!



For more information, call
1-800-807-0751

UPMC
MyHealth



Do you want to live a healthier life? Not sure where to start?

Call a health coach.

Part educator, part counselor, part pathfinder, part support-system, a health coach can help you set, achieve, and maintain your goals for a healthier life.

UPMC Health Plan health coaches have specialized training and expertise in one or more fields, including nutrition, weight management, exercise physiology, tobacco cessation, health education, and counseling. Each is skilled in addressing the challenges of behavior change — and in keeping you motivated to make healthy, sustainable changes in your life.

All health coaches are friendly, helpful, and able to assist you in finding answers to your healthy life questions. They are ready to support you in making the changes that are most important to *you!*

Accessible to you!

To ensure our coaches are accessible to you, there are several convenient options to accommodate your preferences. Depending on your eligibility, you may have access to any combination of the following:

- Telephone-based
- Tele-group
- On-site group
- Online
- Self-study

Lifestyle topics include:

- Stress Management
 - ▼ Letting Go of Stress
 - ▼ How Does Stress Affect Me?
 - ▼ R-E-L-A-X on Your Way to Better Health
- Nutrition
 - ▼ My Daily Food Needs
 - ▼ Cut Back on Fat, Sodium, and Sugar
 - ▼ Meal Planning Made Simple
- Weight Management
 - ▼ Use the Cues to Help You Lose
 - ▼ Managing Your Weight as You Age
 - ▼ Getting a Handle on Portions
- Physical Activity
 - ▼ Getting Started
 - ▼ Becoming More Flexible
 - ▼ Being Active for Seniors
- Tobacco Cessation
 - ▼ Getting Ready to Quit
 - ▼ Making a Comeback
 - ▼ Meals, Coffee, and Quitting Smoking



Our coaches can address any combination of these topics and many more. And any program can be customized to fit your goals and needs!