



Health Coaching

Healthy Habits are Within Your Reach

What is PEHP Health Coaching?

PEHP Health Coaching will help you develop healthy habits. A health coach will work with you to design a personalized action plan and provide education, encouragement and accountability along the way. We'll be there to get you started, monitor your progress and celebrate your milestones.

What Does it Offer?

- » Work with a health coach for 6-12 months
- » Phone orientation: Set goals with your coach in an action planning process
- » Accountability and support through regular contact
- » Educational online classes: PEHP's Lighten Up and Diabetes and You (for those with diabetes)
- » Consultation with a Registered Dietitian

Are You Ready?

- ☐ I am ready for a challenge
 - ☐ I can identify potential barriers
 - ☐ I am motivated for long-term change
 - ☐ I can create a support system
 - ☐ I have realistic expectations
 - ☐ I am willing to invest time in my health
- If the above statements apply to you, you may be ready for PEHP Health Coaching.

How to Get Started

Enroll online at www.pehp.org/wellness/healthcoaching. Call 801-366-7300 or 855-366-7300, or email healthcoaching@pehp.org for more information.

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