



Telephonic Health Coaching Program Overview

Our HealthyGuidance® expert health coaches, tools and support help you address your specific health concerns and make positive, lasting lifestyle changes. The services are strictly confidential and are offered at no cost to you. Call today to speak with a health coach about:

Back Care

The Back Care program offers helpful insight into overall back care. Our coaches are experts in anatomy, preventative and rehabilitative exercises, biomechanics, and how lifestyle and behavior changes can lead to prevention or management of back pain.

- Posture and back-strengthening exercises
- Sleep techniques that contribute to healing
- Lifestyle changes to remain pain-free

Cardiovascular Disease Prevention

Cardiovascular Disease Prevention coaching is designed to foster awareness of this disease. A HealthyGuidance® coach works with you to review your health history, explain controllable and uncontrollable risk factors for cardiovascular disease and design achievable goals to address those risks.

- Education on the effects of cardiovascular disease
- Discussion of risk factors
- Development of goals and objectives based on controllable risk factors

Diabetes Disease Prevention

Diabetes Disease Prevention coaching is designed to foster awareness of this disease. A HealthyGuidance® coach reviews your health history, explains controllable and uncontrollable risk factors for diabetes and helps you design achievable goals to address those risks.

- Education on diabetes and pre-diabetes
- Discussion of risk factors
- Develop goals and objectives based off of the controllable risk factors

Digestive Health

The Digestive Health program brings awareness to food sensitivities and allergies that can cause digestive discomfort, pain and inflammation. Participants work one-on-one with their coach to identify possible triggers and receive individualized support to find solutions that alleviate digestive discomfort.

- Learn about food sensitivities and allergies
- Understand inflammation and pain management
- Find proactive approaches and a diet that works for you

Exercise

The Exercise program is designed to help participants of all activity levels to engage in exercise. A HealthyGuidance® coach works with you to develop a personalized exercise plan that meets your individual needs and goals.

- Identify current fitness level and activities
- Discuss past experiences
- Identify goals that will assist with overcoming barriers

Healthy Aging

As we age, keeping the brain challenged is just as important as keeping the body active. The Healthy Aging program provides healthy living information and tools for aging adults and caregivers. Through individualized support, participants explore making choices that result in a happier and healthier life.

- Understand the healthy aging process and medical care specific to aging adults
- Learn tips for maintaining mental fitness
- Get caregiver resources

Healthy Families

Healthy Families coaching is designed to help parents educate, guide and motivate themselves and their families in healthy lifestyle choices. Our wellness coaches are trained experts in nutrition, exercise and behavior change who work with you over the phone to create achievable family goals for a healthier lifestyle, including improving nutrition and exercise regimes and dealing with the emotional aspects of being overweight.

- Understand nutritional needs
- Identify exercise opportunities
- Develop healthy family routines

Healthy Pregnancy

Healthy Pregnancy coaching offers personalized support to help moms-to-be throughout their pregnancy. A coach works with you to develop a personalized nutrition and exercise plan to ensure a healthy lifestyle during and after pregnancy. The Healthy Pregnancy program was created for future mothers to further their education on having a healthy, happy baby.

- Food safety
- Mother and baby nutrition
- Exercise and understanding weight gain

Intentional Eating

The Intentional Eating program is designed to introduce participants to concepts of emotional eating, mindful eating, and intuitive eating. Our coaches can help participants explore their relationship with food and support them in building a positive mindset in which food is fuel for healthy living.

- Understand the core concepts related to emotional, mindful and intuitive eating
- Increase self-awareness of attitudes toward food and body image
- Learn strategies for mindful eating

Learn to Run

The Learn to Run program is designed to help participants who want to take up running for exercise. Participants work with a health coach to learn about running attire and equipment, receive tips on form and cross-training, and discuss proper running nutrition and safety. The coaching module will get you ready to start and enjoy running!

- Learn about running attire and equipment
- Receive tips on form and cross-training
- Gain resources on proper running nutrition and safety

Motivate Me

The Motivate Me program is designed to help participants with getting and staying motivated about health and well-being goals. Our coaches can assist participants with identifying their motivators, setting achievable goals and maintaining a positive state of mind even in the face of setbacks.

- Identify motivators
- Set achievable goals
- Maintain a positive state of mind, even in the face of setbacks

Nutrition

In the Nutrition program, participants work with a coach to develop a personalized healthy eating plan to help meet individual goals and reduce the potential for more serious health issues.

- Discuss participants current servings of food groups (fruits, vegetables, grains, meat and bean and protein, dairy, fats)
- Identify areas they would like to focus (portions, calorie intake, sweets, stress-eater, decrease cholesterol and fats, decrease sodium, etc.)
- Identify goals that will assist with overcoming barriers

Here when you need us.

Call: TTY: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: [GuidanceNowSM](#) Web ID:

Resiliency Coaching

In Resiliency Coaching, our coaches assess the participant's stress sources, symptoms and coping strategies. Coaches help participants differentiate between controllable and non-controllable stressors and offer guidance on stress management techniques.

- Identify sources of stress
- Identify symptoms of stress
- Develop healthy coping strategies based off of the participant's needs

Sleep Coaching

The Sleep Coaching program helps participants learn healthy habits that can be put into action to improve sleep patterns.

- Learn strategies for improving sleep quality
- Create the ideal sleep environment
- Identify and eliminate factors that cause sleep disturbances

Tobacco and Nicotine Cessation

The Tobacco and Nicotine Cessation program is uniquely suited to support the goal of quitting smoking. Tobacco and nicotine addiction is intertwined with other lifestyle issues, and our coaches help promote healthy habits that will assist with quitting and keeping participants tobacco and nicotine-free through a plan that addresses their social, nutritional and exercise needs.

- A customized assistance plan
- Behavior modification techniques
- Strategies to help you quit permanently

Weight Management

The Weight Management program stresses healthy diet, exercise and lifestyle changes. Each participant is provided with a personalized plan to help meet individual goals.

- Create a customized weight management program
- Address health issues, discover exercise and diet techniques
- Access online learning modules for support