



Do you need some assistance improving your health, happiness and wellbeing?

Health Coaching is one of the most effective approaches to assist individuals make and sustain improvements in their lives.

The relationship between a Health Coach and client offers a profound level of support, guidance, and encouragement to making changes, without being judgmental. A Health Coach enables change by focusing on a client's needs, values, vision, and goals and helping bring out his/her personal best.

The process of Health Coaching is as follows:

1. Select a Health Coach. If you need assistance, contact Wellspring Member Services toll free at 877-WELLSPRING for a directory of certified Health Coaches near you.
2. If you haven't taken a Health Risk Assessment (HRA), your Health Coach will assist you with taking one and will collect your bio-metrics to create a comprehensive understanding of your current health status including your Health Age, Wellness Scores, and Risk Factors.
3. After you take your HRA, you'll meet with your Health Coach for a complementary Health Risk Review to discuss the results, provide guidance on next steps for health improvement, and determine if you are a good candidate for Health Coaching.
4. Your Health Coach will assist you in enrolling in a three month Coaching Program. Your first visit is to create your personalized wellness vision and create goals for improvement. Subsequent visits are to help you work through inevitable obstacles and support you while holding you accountable. Each month, you'll have a new HRA to track your progress!

What is a Health Coach?

Health Coaches are certified health and wellness professionals who have completed the rigorous Wellspring training program. These professionals have a minimum of a Bachelor's Degree in a related field and are qualified to help you meet your goals of weight loss, fitness, stress reduction, smoking cessation, improved nutrition, pain relief, and overall health improvement.

Schedule a complementary consultation with a Health Coach or contact Wellspring Healthcare Member Services

for more information:

877-WELLSPRING

MemberServices@Wellspring-Healthcare.com

www.Wellspring-Healthcare.com

