

## > Lifestyle Coaching

Are you ready to make a change?  
We can help. We offer health coaching  
programs customized to meet your  
personal needs.

### What do you want to change?

Talking with an experienced health coach provides an opportunity for you to explore your health and any lifestyle changes you are considering. Any concern that gets in the way of your health and happiness is the perfect subject for you to bring up with your health coach.

### Work together with your coach

Your health coach creates a partnership with you to discuss your goals and create a plan of action that feels good to you. Your coach will give advice or information when you ask for it, but you will be the one to decide what you want to work on and how you will achieve it.

As a participant in our Lifestyle Coaching program, you will:

- > Work one-on-one with a trained health coach over the phone or via email.
- > Receive ongoing support on your journey to better health.
- > Develop personal health goals.



### The journey to health is lifelong

It's all about simple, everyday steps – becoming more involved in your health, accepting responsibility for making informed healthcare decisions and pursuing a healthy lifestyle.

### Get help with:

- > Nutrition
- > Physical activity
- > Sleep
- > Stress

Log in to your myModa account to access a variety of health assessment tools:

- > Health and symptom evaluator
- > Body mass index calculator
- > Tools for healthy living



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