

Health & Wellness > **Wellness coaching**



Wellness coaching

Get one-on-one guidance and support from a dedicated wellness coach who can help you set goals, stick to them, and, most importantly, see results. And you can do it all from the comfort of home.

Partnering with a wellness coach can help you:

- Manage your weight
- Reduce stress
- Quit tobacco
- Eat healthier
- Increase activity

Connect with a wellness coach today

Call **1-866-862-4295** to make an appointment.¹ Wellness Coaching by Phone is available at no cost to Kaiser Permanente members — and no referral is required.

Benefits of wellness coaching

- **Convenient.** Make the call from any location that works for you.
- **Hassle-free.** No need to worry about driving, parking, or using public transportation.
- **Flexible.** Phone appointments are based on your schedule.
- **Nonjudgmental.** Coaches accept and acknowledge wherever you are in the change process.
- **Tailored.** Sessions are based on your readiness to make a change.

Common questions

+ How does Wellness Coaching by Phone work?

+ Is there a fee for wellness coaching?

+ When is wellness coaching available?

+ Who are Kaiser Permanente wellness coaches?

+ How many wellness coaching sessions will I have?

+ What can I expect during my first wellness coaching session?

Wellness coaching works

"I feel like I have control over my life again. My coach made a huge difference. He would really challenge me to think about what I could take on between calls."

— **Samuel, lost 25 pounds and kept it off**

"My coach helped me identify the triggers of my stress. He taught me that stress never stops coming at you, and many times you can't control the situation, but you can always control your reaction."

— **Gabriel, learned new techniques to reduce stress**

"I realized on my first call that it was all about being self-motivated. My coach didn't tell me what to do; the key was what I was going to do. It's a great feeling to know that I was able to make this huge change, and I hope to be able to inspire others like my coach inspired me."

— **Ethan, added healthy habits into his everyday life**

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Footnote

¹If you're a member in Northern California, Oregon/SW Washington, or Hawaii you can also schedule wellness coaching online. For members in Washington, please click here for more information on wellness coaching services available in your area.

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