

LIFESTYLE CHANGE SERVICES

GUIDING YOU TO YOUR BEST SELF

INTRODUCTION

Our certified lifestyle change specialists can provide personalized support to help you meet your health and wellness goals. They work one-on-one with you virtually to help set goals, answer questions, and celebrate successes. With the support of a lifestyle change specialist, you will build confidence in your well-being while tracking and monitoring progress to help you reach the goals you wish to achieve. Your lifestyle change specialist is an expert in facilitating sustainable changes in mindset and behaviors.



LIFESTYLE CHANGE OVERVIEW

Lifestyle change services are specific to your current health and wellness needs. Your lifestyle change specialist will start your journey by discussing your personal wellness goals.

Your lifestyle change specialist can help:

- Determine your readiness for change
- Create a wellness plan specific to your needs
- Implement your wellness vision
- Maintain the behavioral change

Your lifestyle change specialist can provide guidance and education on the following topics:



Physical Activity



Weight Management



Nutrition



Stress Management



Healthy Sleep Habits



Blood Pressure



Cholesterol



Pre-Diabetes & Diabetes



Education

YOUR CARE TEAM

Our lifestyle change specialists work directly with your clinic provider and care team so that you have the entire team to provide care and share goals. The provider will be able to share recommendations with the lifestyle change specialist and communicate any questions that may arise during a lifestyle change session.

Lifestyle change sessions are virtual and scheduled at times that best fit your needs. Your clinic care team may refer you directly to a lifestyle change specialist, or you can contact Coaching@Parkview.com provide your name, the name of your employer, and request to connect with a lifestyle change specialist.



PARKVIEW
EMPLOYER SOLUTIONS
WORKPLACE WELLNESS