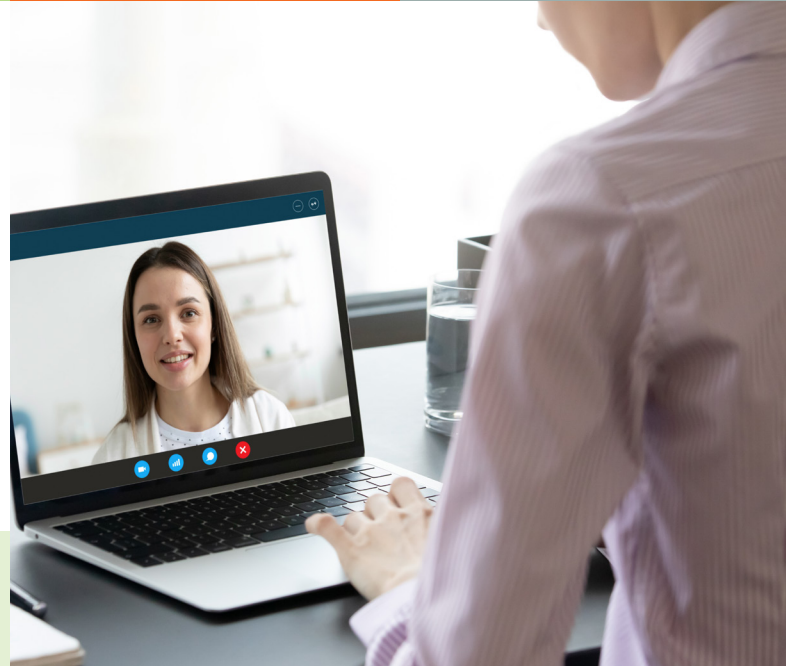


WELLNESS COACHING

GUIDING YOU TO YOUR BEST SELF

INTRODUCTION

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



WELLNESS COACH OVERVIEW

Wellness coaching is specific to your current health and wellness needs. Your wellness coach will start your coaching journey by discussing your personal wellness goals.

Your wellness coach can help:

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

Your certified wellness coach 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 wellness coaches 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 coach and communicate any questions that may arise during a coaching session.

Your wellness coaching sessions are virtual and scheduled at times that best fit your needs. Your clinic care team may refer you directly to a wellness coach, or you can contact Coaching@Parkview.com provide your name and employer, and request a coach to connect.



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