



**fittogether**<sup>TM</sup>

## Providence Health Coaching

Jump start better health.



WEIGHT  
CONTROL



TOBACCO  
CESSATION



PHYSICAL  
ACTIVITY



NUTRITION



PREVENTIVE  
CARE



STRESS  
MANAGEMENT

### We'll guide you, every step of the way.

The Providence Health Coaching program provides:

- Twelve, one-on-one health coaching sessions per year
- Personalized goal setting with manageable steps
- Programs designed to empower you to lose weight, improve your diet, manage stress, exercise or stop using tobacco
- Guidance to help you identify and take action toward healthier lifestyle and behavior choices

Whether you'd like to shed a few pounds, quit tobacco or just feel better every day, a Providence health coach can help. We're here to remove barriers, support your efforts, motivate you when you need a nudge and be a resource on your journey to a healthier and happier you.

**For more information call**

**888-819-8999 or 503-574-6000.**

[www.ProvidenceHealthPlan.com/healthcoach](http://www.ProvidenceHealthPlan.com/healthcoach)