



# Make a **CHANGE** for better health.

CALL A WELLNESS COACH TODAY.

We all strive to improve our health—to be more energetic, more focused, and more productive. But whether you’re trying to manage your weight, quit tobacco, or reduce stress, getting started and staying motivated can be a challenge. Now you can get the extra support you need to make healthy changes and stick with them—**just by making a phone call.**

### How it works

Sometimes a lack of time, resources, or support can make it hard to live your healthiest. Wellness coaching by phone can help you eliminate those barriers, allowing you to make positive changes.

Partner with a coach today to:

- **Focus on healthy habits**—Make healthy behavior changes to help you manage your weight, quit tobacco, reduce stress, get more active, or make healthier food choices.
- **Create a customized plan**—Work with your coach to outline manageable steps you can take to reach your goals. Little changes over time can help you achieve long-term success.
- **Schedule convenient telephone sessions**—Coaching takes place over the phone, so you can set up calls at times that work for you.

Wellness coaching is available at no charge for Kaiser Permanente members. Coaching is offered in English and Spanish, and no referral is needed. Coaches also have access to a language line to facilitate coaching in most languages.

### Simply pick up the phone and call to get started.

**Call 1-866-862-4295**, Monday through Friday, from 7 a.m. to 8 p.m. Eastern time, to make an appointment.

References to “Kaiser Permanente members” or “members” include individuals covered under either a Kaiser Permanente health plan or an employer self-funded coverage plan administered through Kaiser Permanente. Information relating to the coaching sessions you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C.  
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