



HEALTH COACHING

IF THERE'S A BETTER WAY TO
REACH YOUR HEALTH GOALS,
WE'LL FIND IT



Health Coaching programs provide one-on-one support that helps you improve your health. Whether you want to prevent illness, lose weight, eat healthier, be more active, manage stress or sleep better, these free personalized programs can help you change for good.

HEALTH COACHING INCLUDES:

- One-on-one scheduled calls
- Evidence-based coaching methods
- Educational resources and support
- A secure message center for communication between you and your coach

**DURING REGULARLY SCHEDULED CALLS,
YOU AND YOUR COACH WILL:**

- Discuss your current health, health history and goals
- Develop a personalized plan that fits your lifestyle
- Track your progress to lasting behavior change

**REACH YOUR HEALTH GOALS
WITH SUPPORT FROM
QUANTUM HEALTH**

In addition to personalized coaching, you have online support from Quantum Health, including online education programs, tracking tools to monitor your physical activity, biometric markers, health-related goals and more!



877-610-8817
(Monday-Friday, 8:30 a.m. - 10 p.m. EST)

