



# Health Coaching 101



Your guide to deciding if health coaching is right for you and making the most of your health coaching sessions.

## **What is health coaching?**

Health coaching is a collaborative and personalized program to facilitate behavior change to improve your health and wellness. Together, you and your coach will:

- Set both long and short term goals.
- Create action plans and monitor progress in attaining goals.
- Develop strategies to utilize your strengths most effectively and maximize your potential to achieve desired outcomes.

## **What health coaching "is not":**

Health coaching is not:

- A personal counseling session. Pima County offers an Employee Assistance Program to help you with work, family and relationship problems.
- A time to complain about a workplace situation.
- An informational, "one-way" session – it is interactive – with you contributing to the planning and goal setting process.
- Where you will receive a diagnosis, prescription, clinical information or medical advice.

## **Why sign up for health coaching?**

- To get assistance in designing a plan to meet your health goals.
- To get assistance in narrowing down all the available health information to find the information applicable to your own needs.
- To create an exercise or nutrition plan that will work for you.
- To pinpoint steps you can take to lower your blood pressure or cholesterol.
- To find and practice some strategies to help you manage stress.

## **What do I need for my first health coaching session?**

1. A pen and paper.
2. A completed questionnaire, unless you have previously e-mailed this to the coach.
3. Some specific ideas you would like to discuss with the coach, including some long-term goals. If you have a variety of health concerns, think about the one you would most like to address at your first session.

Please make sure to arrive on-time. If the door to the room is closed, please wait outside a few moments until the coach is ready for you?



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## **What can I expect during my first health coaching session?**

Your health coach will discuss with you your personal health goals and review your health questionnaire. Together you can discuss opportunities and barriers you face in adopting a healthy lifestyle – or a particular habit. Your coach will help you set specific, practical goals and an action plan to achieve them. With your coach's guidance, you will play an active role in deciding on the steps you can realistically take to lose weight, lower blood pressure, reduce your stress level or address your health concern.

## **What do I work on in between coaching sessions?**

After your session, review your notes and make a plan on how you will accomplish what you've agreed to do over the next month. Each week make sure to check in with your goals and plans and make adjustments as needed. If you feel like a part of your plan isn't working, feel free to change it. If you get off-track, just start again the next day. Changing behavior isn't an easy process and it's important to practice forgiveness and flexibility. Don't feel that you need to change everything overnight, but take one step and action at a time until you are comfortable adding more.

It's very helpful to keep a written record of your goals and progress. You may want to set aside a notebook for this purpose along with a folder to collect information that supports your goals.

## **What do I need for my follow-up coaching sessions?**

1. A pen and paper.
2. A summary on what you've accomplished since your last coaching session.

## **Is my information confidential?**

All information you discuss with your health coach will remain between the two of you. No personal information is shared with Pima County Human Resources or UnitedHealthcare. Occasionally the health coaches will prepare a general report on the health coaching sessions that includes an overview of the conditions being reviewed along with progress rates in meeting goals.

## **How many health coaching sessions may I have?**

You may have one health coaching session per month for as long as the program continues. Sessions are free to Pima County UnitedHealthcare member employees, \$25 payable to WELCOAZ for other Pima County employees.

**Important note: Please remember that Pima County Employee Wellness has reserved your appointment time especially for you, using financial resources available for improving employee health. Each appointment has over a \$25 value. If you will not be able to make your appointment, please find someone to take your place or notify Employee Wellness at least one week prior.**