

Reach your goals with a personal health coach

Ever wish you had a personal health coach to help you improve your eating habits, get in shape, or lower your stress level? What about a coach to help you manage a health issue such as asthma, diabetes, or heart disease?



How can a health coach help?

Health coaching, which is available to most adult Group Health members, helps you make positive lifestyle changes based on your personal desires and your doctor's advice. Through ongoing phone conversations, our health coaches give you the information and support you need to make well-informed decisions about your care. They encourage you to stick to your care plan, and stay on track with your personal health goals.



Who are the health coaches?

Our health coaches are specially trained health care professionals, available through Health Dialog, a worldwide provider of decision-support services. Coaches include registered nurses, dietitians, and respiratory therapists.

Health coaches don't replace your personal physician, and they don't provide medical care and advice. If you have a medical question or concern, call your doctor's office or the Consulting Nurse Service.



How much does a health coach cost?

Our health coaches are available to most adult Group Health members at no additional cost. If your health coverage is provided through a large employer, check with Group Health Customer Service—toll-free 1-888-901-4636—to make sure health coaching is covered by your plan.



Get started with your health coach today.

Now a personal health coach is just a phone call away, 24 hours a day, 7 days a week.

Call, toll-free: **1-888-375-2006**
1-888-375-1940 (TTY)



GroupHealth®