Wellness coaching by phone

Partnering with an organization that addresses employee health early, consistently, and effectively can make your workforce more energetic, more focused, and more productive — keeping your bottom line strong. If your employees are trying to manage their weight, quit tobacco, or reduce stress, we can help them get started and stay motivated with wellness coaching by phone. Now all of your employees with Kaiser Permanente coverage, can get the extra support they need to make healthy changes and stick with them — just by making a phone call.

Making healthy habits more convenient

Lack of support, motivation, and the proper tools can keep people from taking steps toward a healthier lifestyle. Wellness coaches can help eliminate those barriers, allowing your employees to make positive changes with one-on-one expert guidance. Participants can gain the confidence to set new goals with:

- **Convenient telephone sessions** — Coaching takes place over the phone Mondays through Fridays, so your employees can easily schedule calls around their work hours.
- **Skilled experts** — Coaching is provided by health education professionals.
- **Customized action plans** — Coaches work with your employees to create achievable steps that fit within their lifestyles.
- **Medical record integration** — Kaiser Permanente members will have information from their coaching sessions entered into their electronic health record and made available to our caregivers.

Healthy support is a phone call away

Wellness coaching is available at no extra cost for your employees with Kaiser Permanente coverage. There’s no need for a referral. Your employees can simply pick up the phone and call **808-432-2260** to get started.

Building a trusting relationship with a coach

Coaching programs are designed to help your employees make small changes that will lead to lasting success. Participants stay with the same coach throughout all of their sessions so they can receive the one-on-one guidance and personalized attention they need to:

- eat healthy
- get active
- manage weight
- quit tobacco
- reduce stress

Make wellness coaching part of your workplace health strategy

To learn more about wellness coaching, contact your Kaiser Permanente representative.

kp.org/workhealthy