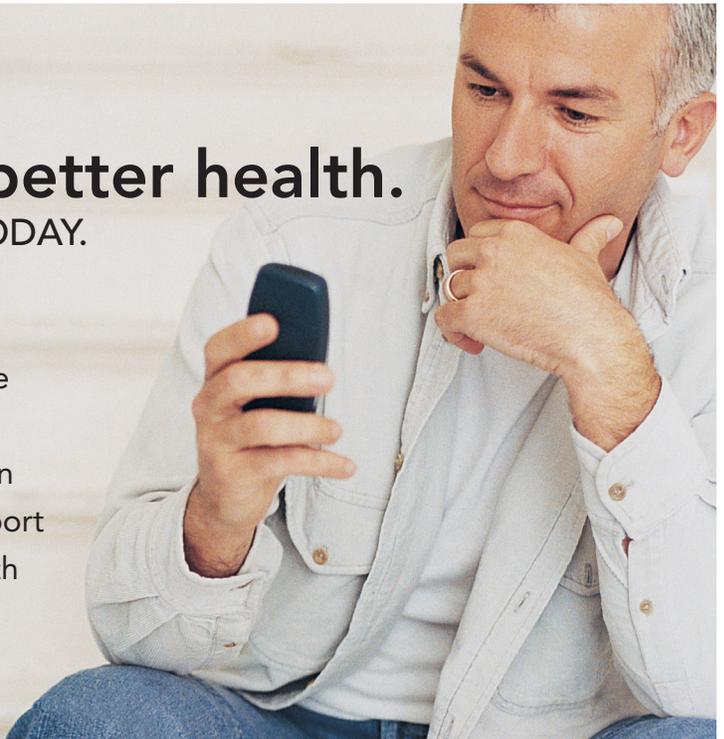


# Make a **CHANGE** for better health.

CALL A PERSONAL HEALTH COACH TODAY.

We all strive to improve our health—to be more energetic and more focused. But whether you're trying to lose weight, quit smoking, or manage 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. Health 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 lose weight, quit smoking, manage 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.

Personal health coaching is free for Kaiser Permanente members. Coaching is available in English and Spanish and no referral is needed.

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

**In Southern California: Call 1-866-402-4320**, Monday through Friday from 6 a.m. to 7 p.m., to make an appointment. Coaching sessions are available Monday through Friday from 6 a.m. to 7 p.m.

**In Northern California: Call 1-866-251-4514**, seven days a week from 6 a.m. to midnight, to make an appointment. Coaching sessions are available Monday through Thursday from 8:30 a.m. to 7 p.m. and Friday from 8:30 a.m. to 5 p.m.

Information relating to coaching services you receive will be included in your Kaiser Permanente medical record and accessible by your health care providers.