What is Health Coaching?

Health Coaching is a confidential collaboration between an individual(s) and a “health coach”. Health coaching assistance is offered to employees, retirees, and dependents, with the objective of guiding and supporting individuals toward making healthy lifestyle changes.

Following the completion of a brief health assessment questionnaire, individuals will interact with a health coach via face-to-face and/or other forms of appropriate media communication which will be as often as needed and determined on an individual basis. During the initial interaction, the individual(s) and health coach will collaborate on wellness goals and develop a plan of action based on individual needs and desires.

Health coaching activities include Fitness Evaluations, Special Population Management, and Tobacco Cessation. In addition, topics of discussion may include, but are not limited to current health status, exercise, nutrition, weight management, and/or stress management. Whether individuals are working toward general wellness or specific health-related issues, health coaching activities will focus on enhancing an individual’s capacity to master their own wellness goals.

For more information about health coaching assistance --

Visit our website
http://hr.utmb.edu/hpw

Send an email
hr.wellnessforlife@utmb.edu

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(409) 747-5324