

# HEALTH AND WELLNESS COACHING



Kansas City

Brought to You by Clay Platte Family Medicine Clinic & Summit Family and Sports Medicine



## TAKE THE FIRST STEPS TO CREATING POSITIVE LIFESTYLE CHANGES WITH A HEALTH AND WELLNESS COACH

### Personalized Coaching

Health Coaches are trained in helping Blue Cross and Blue Shield of Kansas City (Blue KC) members like you reach your best health and well-being. They offer the support, resources, and personal assistance to help you develop a customized plan specific to your individual needs. Realistic health plans, created with the assistance of a coach, can help you make positive lifestyle changes that last.



#### HEALTH COACHES HELP YOU:

Define and map out your current state of wellness.

Set realistic goals and identify areas of improvement.

Identify people and opportunities to build strength and overcome challenges.

Address environmental triggers that may interfere with your goals, and provide strategies to avoid those setbacks.

### Certified Coaching

Blue KC Health Coaches are certified through Wellcoaches®, a coaching program endorsed by the American College of Sports Medicine.

### Coaching Sessions

Blue KC Health Coaches can meet with you one-on-one in the privacy of your doctor's office to create a customized plan outlining your short and long-term health and wellness goals. There is no cost and no obligation.

# HOW THE COACHING PROCESS WORKS



Kansas City

Members benefit most from meeting with a certified Health and Wellness Coach once a month.

Members are encouraged to participate in the program for a minimum of three months to truly see results.

1	<b>SCHEDULE AN APPOINTMENT</b>
2	<b>DEFINE AREAS OF FOCUS</b> During your first session, you will complete a wellness assessment detailing key areas of concerns.
3	<b>SET ASIDE TIME</b> Plan to spend approximately 45 minutes during each session as you and your coach map out a wellness plan based on your priorities. It will include goals and action items outlined over the first three months.
4	<b>PLAN YOUR SESSIONS</b> You benefit most from meeting with a health coach once a month. Together you and your coach will review any progress made, explore pressing issues and, if necessary, set new goals.
5	<b>ANALYZE YOUR PROGRESS</b> At the end of three months, you and your coach will discuss which goals have been met, refocus your health goals and decide whether to continue with the program.

MAKING **PERMANENT AND POSITIVE CHANGES** IS THE KEY TO LIVING A **HEALTHY, WELL-BALANCED** LIFE TODAY AND FOR THE REST OF YOUR LIFE