

# Wellness Coaching Program

Your journey to a healthier life  
can begin today.



Are you ready for a change? Is it time to start new, healthy habits? Let us help you get started!

Our Wellness Coaches partner with you to identify your motivators and help you overcome obstacles. They help you see your big picture and provide support as you develop a personalized action plan. The plan guides your journey and directs you to resources to help you achieve your goals!

## Wellness Coaches can help with:

- Healthy Eating
- Physical Activity- Sleep
- Stress Management
- Tobacco Cessation
- Weight Management

Connect with a Coach. Visit [kp.org](http://kp.org), call the Contact Center, or ask a member of your healthcare team to schedule an appointment.

## To make an appointment:

- Visit [kp.org/appointments](http://kp.org/appointments)
- Call the Contact Center at: **(800) 777-7904, TTY 711**, 24 hours/7 days a week
- Ask a member of your healthcare team to schedule an appointment.

## Hours of operation:

- Monday through Friday  
8:30 a.m. to 7:30 p.m.
- Saturday  
11 a.m. - 2 p.m.
- Sunday  
10 a.m.- 1 p.m.

# Wellness Coaching

## FREQUENTLY ASKED QUESTIONS

### Q: What is health resource coordination?

**A:** Health resource coordination is a service provided to members of Kaiser Permanente Mid-Atlantic States (KPMAS). Members, age 12 or older, work with a Coach on specific wellness goals. Members have periodic check-ins with the Coach to help stay on track.

### Q: What is a Wellness Coach?

**A:** Wellness Coaches are trained in health education and wellness coaching. Coaches help build confidence, increase motivation, and overcome barriers. They help you find new ways to make positive changes and point you to resources that can support you on your journey.

### Q: What topics can I get coached on?

**A:** Wellness Coaching is available for tobacco cessation, stress management, physical activity, weight management, and healthy eating.

### Q: How does Wellness Coaching work?

**A:** Convenient phone sessions allow you to work one-on-one with a Coach. Your Coordinator will provide guidance and support as you work on your goals. You will also be connected to other Kaiser Permanente resources that can help you achieve your goals. Resources include classes, apps, community-based resources, and web-based programs.

### Q: Is there a fee for this program?

**A:** No. Wellness Coaching is offered to KPMAS members at no additional charge.

### Q: How many sessions will I have?

**A:** You and your Coach will decide the number and frequency of sessions, based on your unique needs and KPMAS guidelines. Your Coach may also connect you to other resources to help you continue making progress with your goals.

### Q: Is the program offered in Spanish?

**A:** Yes. We offer sessions in Spanish.

### Q: How do I get started?

**A:** To make an appointment, visit [kp.org/appointments](https://kp.org/appointments), or call the Contact Center at **(800) 777-7904**. You can also ask a member of your health care team to schedule your appointment for a day and time that works for you.

### Where can I learn more about Teen Wellness Coaching?

Parents can learn more about Teen Wellness Coaching by scanning the QR code below.



Teens can learn more about Wellness Coaching by scanning the QR code below.

