



CENTER FOR
HEALTHY LIVING

KAISER PERMANENTE

Wellness Coaching by Phone

No-cost*, no-judgment one-on-one coaching

Do you feel overwhelmed with day-to-day stress or find it hard to make time for yourself while caring for your family?

We Can Help You



Reduce Stress: Explore techniques and skills to help you manage day-to-day stress.



Manage Your Weight: Strategize ways to set goals and practice new skills to help manage a healthier weight or improve your health.



Eat Healthy: Create an action plan to help you achieve healthy eating habits.



Quit Smoking: Get support and strategies to help you reduce or quit smoking.



Get Active: Find ways to increase your physical activity and build a routine to move more.

What to Expect

- We know getting healthy might seem simple, but it's not always easy. We can help you get back on track and stay on track.
- Work together with a wellness coach to help you find ways to take small steps that lead to big changes.
- Connect on a day and time that works for you from the comfort of your home – or anywhere.

Get Started

It's time to take care of yourself, too. Schedule your first 20-minute session by calling **1-888-680-2348** Monday to Friday, 7 a.m. to 7 p.m. PT, or sign up at kp.org/appointments (choose "Health classes or coaching by phone").

"My coach helped me recognize that being flexible was important. We created action plans that I worked on between calls, which was so helpful. It kept me focused and it felt good to keep hitting my goals!"

- Kaiser Permanente Member

*No cost for Kaiser Permanente members.