Make a CHANGE for better health.

CALL A WELLNESS COACH TODAY.

We all strive to improve our health—to be more energetic, more focused, and more productive. 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. Wellness 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.

Wellness coaching is available at no charge for Kaiser Permanente members. Coaching is offered in English and Spanish, and no referral is needed.

Simply pick up the phone and call to get started.

Call 1-866-862-4295, Monday through Friday, from 6 a.m. to 7 p.m. Pacific time, to make an appointment.

References to "Kaiser Permanente members" or "members" include individuals covered under either a Kaiser Permanente health plan or an employer self-funded coverage plan administered through Kaiser Permanente.

Kaiser Foundation health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

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