

Lifestyle Coaching Programs

Want to improve your health? Call your coach!

If you're ready for a new way to look at wellness, try working with a lifestyle coach. It's telephone-based and allows you to track your progress online. It's convenient to your schedule. And it's customized to meet your unique needs.

- Work with your health coach over the phone, who will help you set goals, work through trouble spots, and find ways to succeed that work for you.
- Go online for tools and trackers to help you succeed.
- Get a bonus Milestone Kit for participating in four coaching sessions and completing a progress review with your coach. You'll pick your kit online – walking, exercise, yoga, Pilates, Tai Chi, weight management, healthy living, stress management or nicotine replacement therapy (NRT) – and it will be mailed to you!

MVP offers personal lifestyle coaching programs to help you with:

- Weight Management
- Tobacco Cessation
- Healthy Living (includes fitness, nutrition and stress management, along with help managing high blood pressure, high cholesterol, metabolic syndrome or pre-diabetes)

Coaching sessions include:

- One kickoff phone session (up to 30 minutes) with a health coach to get an overview of the program, set initial goals, and establish a relationship.
- One general assessment phone session per year to establish your baseline data and review your medical history and prescription medication.
- For tobacco cessation participants, a pre-quit coaching phone session with a health coach to develop a strategy for quitting and identifying coping skills for success.
- Up to 52 coaching sessions by phone per year (one per week).



You'll receive award-winning educational resources to help you make better health decisions, such as:

- A weight management manual or tobacco cessation manual.
- Supplemental diet and exercise guides for specific medical conditions.
- Self-care mental imagery or relaxation skills modules.

Your coaching program also includes access to online tools, such as:

- An extensive health library with over 1,000 articles on health-related topics
- Health trackers
- Customized exercise and meal planners
- Your personal health calendar

Call toll-free at 1-877-748-2746 to schedule a session

(Monday - Friday, 8 a.m. - 9 p.m. Eastern Time)

www.mvphealthcare.com



"I got a lot out of this coaching. I wasn't necessarily concerned with my weight but I was concerned about my health and eating the right things. My coach also helped me with some stress that I was dealing with in my life. We had a call every week and we would talk for just a half an hour or so. My coach also provided some tools and some techniques that I still use more than a year later."

— Julie
MVP Member