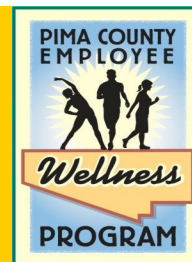


# Pima County Employee Wellness and the Wellness Council of Arizona are offering:



## On-site and Telephonic Health Coaching

### Information about Health Coaching

A health coach can help you find lifestyle and nutritional solutions that work for you to address a health concern.

A health coach can help you set short and long-term health goals and develop an action plan to achieve them.

You are an active participant in each health coaching session-bringing your questions and ideas, and later reporting on your progress and challenges.

*Appointments are 25 minutes each, booked in a block of three sessions, and are entirely confidential.*

**FREE for Pima County UnitedHealthcare Members**  
*\$25 for all other employees*

### Do you need:

- Help designing a new exercise plan?
- Specific ideas to manage high blood pressure or cholesterol?
- Some nutrition advice?
- Techniques to help reduce your stress level?
- Ideas on how to increase your energy?
- Assistance creating a plan to manage a physical health concern or goal?

### Contact Employee Wellness:

- If your worksite has six or more eligible employees interested in three or more months of on-site health coaching.
- To request an appointment at an existing location.

Contact Employee Wellness at: (520) 740-8114 or visit  
[www.pima.gov/hr/health/HealthCoaching.html](http://www.pima.gov/hr/health/HealthCoaching.html)