



“I need to make some lifestyle changes, but I have a lot going on”

“I’d like someone to partner with me, but I don’t know where to start.”

“My situation is complicated. I need some focus.”

Health & Wellness Coaching

Support and guidance to improve your health and well being

Life can be complicated. And when you have to manage a chronic health condition, it can be more so. But you don’t have to go it alone. Medica’s Health and Wellness Coaching Program can help you find new ways to cope so you can reach your goals in life.

Our coaches are here to help you make meaningful changes, like improving how you manage chronic health conditions, losing weight, reducing stress and improving relationships. They can help you:

- Decide what area you want to work on
- Create personal goals and a plan to make them a reality
- Reach your goals by supporting you along the way

FEATURES

- Communicate by phone or email
- Available evenings and Saturdays
- Confidential and non-judgemental
- A workbook to support your goals

We’re here to help you get the most out of life.
Call **1-888-906-0957** to get started!