



# WELLNESS COACHING

## Make the call for health

Reaching your **health goals**  
is just a phone call away.

Would you like to achieve a **healthy weight, quit tobacco, lower your stress, move more, or eat healthier?**

Talk with a specially trained wellness coach to build your motivation and take action. Together, you'll create a customized plan for change.

### To schedule coaching appointments:

- Call (866) 251-4514, 24/7
- Book online at [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching)

**Set up sessions with your coach at times that work for you:**

- Monday through Friday, 7 a.m. to 7 p.m.
- Saturday, 8:30 a.m. to 5 p.m.

Coaching is available at no additional cost to Kaiser Permanente members.