



HEALTH COACHING



Health Coaching is one-on-one counseling with a certified professional to help you identify and implement health-related goals to achieve personal success. Coaching sessions are done in person, by phone or Skype.

Members of Manatee YourChoice Health Plan receive up to 20 sessions per calendar year.



Health Coaching can help with:

- **Goal Setting**
- **Sticking to a health goal**
- **Identifying the barriers to successful behavior change**
- **Follow-through on a particular behavior or activity**
- **Dealing with change**
- **Building personal strength and resilience**
- **Cultivating self-awareness, self-motivation, and self-empathy**
- **Establishing positive patterns of behavior to achieve wellbeing**

The first 5 sessions are at no cost, the next 15 have a \$25 copay

Sessions can be conducted in person, virtually or by telephone.

Questions? Contact Julie Drackett
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