



# Health Coaching

*Let us help you find your path to better health.*

Our health coaches can provide you with the knowledge, skills, tools, and confidence to become an active participant in your care, so you can reach your personal health goals.

## WHAT IS COACHING?

Health coaches are professionals who can help you improve all areas of your wellness goals – physical activity, nutrition, weight, stress, and life satisfaction.

There's not one right way to approach your journey to wellness. Health coaches will not tell you what to do. Instead, they offer ideas and encouragement as you make the choices that are best for you and your personal needs.



## WHAT TO EXPECT

- Eight-12 visits with a health coach in person, by phone or virtually.
- An active listener who will help you discover barriers to living a healthy lifestyle.
- Motivational, and empowering support to set and achieve your personal health goals.
- A non-judgmental partner as you make the changes for your health.

After working with a health coach for three months, patients typically reach more of their goals and report feeling more energized and confident as they continue their journey.

## HOW TO GET STARTED

Call the Wentworth-Douglass Patient & Family Learning Center at (603) 609-6027 or email [PFLC@wdhospital.org](mailto:PFLC@wdhospital.org)

*"I was overwhelmed thinking about making changes, and my health coach helped me take the first step."*

*"My coach talked calmly and without pressure. I never felt judged."*

## THE PATIENT & FAMILY LEARNING CENTER

Wentworth-Douglass Hospital  
789 Central Avenue, Dover, NH  
(603) 609-6027  
[wdhospital.org](http://wdhospital.org)



WENTWORTH-DOUGLASS  
HOSPITAL

A Mass General Community Hospital

THE PATIENT & FAMILY  
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