



Healthgram's Health Coaching Team

Healthgram is here to provide you with access to a personal health Coach. Create a plan, set goals, and take charge of your health today! Healthgram's Health Coaching Team will work with you on an action plan to better health.

As a member, our health coaches are here to:

- ✓ Establish a health plan with realistic goals
- ✓ Review medical and family history
- ✓ Nutrition and exercise recourses
- ✓ Weight management
- ✓ Stress Management
- ✓ Tobacco Cessation
- ✓ How to help find a doctor
- ✓ Better understand your health conditions(s) and medication(s) if applicable

**To get in touch with a health coach today:
call 704-944-6200 or email healthcoach@healthgram.com**

As with any calls or encounters between members and our health coaches, this program will be strictly confidential. Any information shared with the coach will not be shared. We look forward to working with you towards your healthy goals!