

# Health Coaching



## Answers to frequently asked questions

### What is health coaching?

Just as a hockey or golf coach can help you improve your game, a health coach can help you improve your health. Health coaching can help you change in ways that you want to change—through goal setting, planning, taking action, measuring progress, motivation and support.

### How do I know if health coaching is right for me?

Are you interested in getting a better night's sleep, losing weight, quitting smoking, drinking less, eating a healthier diet—or improving some other aspect of your health? Are you ready to make concrete plans and follow through, with the help of a supportive coach? If the answer is yes, health coaching might be right for you. We all need a little help sometimes, especially when it comes to our health and well-being.

### How does it work?

Health coaching is delivered online, through one-on-one coaching sessions. In between sessions, you follow your plan.

You can text your coach questions, receive motivational messages, and learn from a range of online videos and articles.

Health coaches are trained in the science of motivation and behaviour change, so they can help you:

- Define your goals
- Learn to overcome obstacles
- Create a plan
- Stay motivated
- Track progress
- Celebrate success

### What qualifications do health coaches have?

This service is delivered by certified coaches who are recognized by the International Coaching Federation (ICF). Many also have Master's level education in a related health field.

### Is there a charge to use health coaching services?

Health coaching is included in your AssistNow EAP delivered by HumanaCare, at no additional cost to you.

### Is information shared with my employer?

As with all EAP services, the health coaching program is 100% confidential. HumanaCare does not report any personal information to your employer.

### How do I get started?

Call 1 877 234-5327 to book an appointment with a health coach.



For more information, please contact our customer service team at **1 800 267-0215** or by email at [group.csu@empire.ca](mailto:group.csu@empire.ca)

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