

Postcard
from the
path...

Working with a health coach

These days, lots of people have coaches—athletes, business executives, public speakers. Coaches help people meet their personal goals, encourage, nudge, teach and train.

So when it comes to your own health, a health coach may help you meet your personal health goals.

As part of the *Take Charge! Live Well!* program, you have access to your own health coach – and it's free. Plus, you'll earn a \$50 incentive when you work with a health coach. Your spouse is also eligible. So, how do you know if a health coach is right for you? Well, here are a couple of things to consider...

- *If you have a chronic condition, such as diabetes or asthma, you should consider a health coach to support you as you self-manage your condition. Your coach can answer questions and help you further understand your doctor's instructions.*
- *If you want to improve your weight, nutrition, physical activity, stress level, or tobacco use, you may also want to consider a health coach—to help you set goals, develop plans to meet your goals and ultimately improve your health.*

So, what is it like to work with a health coach?

Your coach is a qualified health professional – a nurse, dietician, or fitness trainer. You and your coach agree on a convenient time for a coaching phone call at a time that's good for you. You can talk with your coach as frequently as you like, to design a step-by-step plan just for you – to help you achieve your personal goals. And remember, your privacy is always protected—your individual health information is never shared with the state.

Maybe you've decided that a health coach is right for you and you'd like to get started.

Answer the call when your health coach calls. Or, call your APS Healthcare health coach at 1.866.272.5507. It's free help just for you, and even better, you'll qualify for a \$50 *Take Charge! Live Well!* incentive reward.



OhioDAS

...walking together down a path of wellness, through insight and information for a healthy workforce.

TOP TEN

Things To Do In January to start your year off right

Contact your agency HR office to update your personal information (home mailing address, telephone numbers and work email address)

1 Know your numbers (cholesterol, blood pressure, glucose, BMI)

2 Exercise 30 minutes a day

3 Update your beneficiaries for life insurance, Ohio Deferred Compensation and pension

4 Submit 2009 receipts for Flexible Spending Account

5 Set health goals for 2010

6 Eat healthy, plenty of fresh fruit and vegetables

7 Schedule your 2010 preventive medical exams

8 Schedule six-month dental check-up

9 Contact your APS Healthcare health coach at 1.866.272.5507; get \$50!

Post this top ten listing using your Nurse Advice Line magnet. And, have a happy and healthy 2010!!

If you did not receive an updated Nurse Advice Line magnet, please contact DASCommunications@das.state.oh.us to place a request.