



Virtual Well-being Coaching

A Partnership for Better Health

You want to improve your health. But starting a new, healthier lifestyle can be hard, and staying motivated to achieve your goals can be even more challenging. That's why we offer Virtual Well-being Coaching.


Whether you want to lose weight, get active, manage stress, eat healthy or just feel more energized, we are here to show you how small steps can make a big difference.

How It Works:

Attend. At the kick-off class you will learn about the coaching program and how it will help support your decision to achieve a healthier lifestyle.

Commit. Schedule four virtual appointments to meet one-on-one with the Kaiser Permanente Virtual Well-being Coach.

Get Started. Meet with the Virtual Well-being Coach to discover your strengths and challenges. Together you'll develop a plan to make the necessary changes to improve your health.

 **Come to the kick-off session to get your well-being journey started!**

DATE:

TIME:

PLACE:

[Click Here to Register](#)

Complete all 4 individual coaching sessions to earn the \$25 USG Well-being credit.