



## HSBT Health Coaches



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### Personal Health Coaching

Your health coach is dedicated to helping you make healthy lifestyle changes at NO cost to you! Appointments are confidential. Discuss any range of topics to help you live your best life! Health coaching appointments are available via Virtual, Telephonic, and In-Person.

### To Schedule a Health Coaching Appointment

#### Virtual or Telephonic Appointments

Please [follow this link](https://booknow.appointment-plus.com/dynyclz8/) or type the website address in your browser:

<https://booknow.appointment-plus.com/dynyclz8/>

#### In-Person Appointments

Please email one of our Health Coaches:

Dani Jones [DNJones@eCommunity.com](mailto:DNJones@eCommunity.com)

Alicia Robbins [ARobbins2@eCommunity.com](mailto:ARobbins2@eCommunity.com)

#### Questions?

Please call the Health Coach office at 317.497.6168.

*Clinic Services Provided by*



## Personal Health Coaching FAQ's

**What is health coaching?** Health coaching is a collaborative process between participant and coach focusing on behavior change. Your health coach will help you set goals, formulate a plan, and hold you accountable while providing structure, encouragement, and support along the way.

**What is a health coach?** A health coach is a mentor who provides valuable personal and practical support. They are trained in Intrinsic Coaching® and use science-based techniques to enhance your motivation, self-confidence and quality of life.

**Can a healthy person benefit from health coaching?** Absolutely! A health coach encourages participants to consider how career, relationship, finances, and/or stress relate to overall health and wellness goals. Your coach personalizes programs for you and your lifestyle.

**Is my information confidential?** Completely. Individual information is not shared with your employer.

**Is there a cost for health coaching?** No, there is no cost for health coaching services.

**How can I work with a health coach?** Health coaching appointments are offered via virtual, telephonic and in-person

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