

Why Health Coaching Could Be Right for You



What is Health Coaching?

Health Coaching is an action-centered partnership in which your Health Coach empowers you to make your dreams become a reality. You and your Health Coach will work collaboratively in developing meaningful goals and an action plan that will help you achieve your desired health status. Your Health Coach will also assist you in practicing new habits to promote transformation and enhance your wellbeing.

Goal achievement and cultivation of new habits require small incremental changes over time. Your Health Coach will guide you in brainstorming ideas and will provide supportive accountability, motivation, encouragement, and helpful resources along the way.

Each coaching session will be respectful, non-judgmental, empathetic, and protective of confidential information.

What Does Health Coaching Include?



Goal setting. You are in control of your potential and play a vital role in developing meaningful goals.



Action. You will use the time between appointments to put into action the steps discussed during sessions to further progress toward your goal(s).



Conquering Obstacles. You may experience obstacles, but your Coach will empower you to overcome and build new habits.

What Can Health Coaching Do For You?

Health coaching helps to identify health and wellness behaviors meaningful to you and provides supportive accountability.

Topics may include but are not limited to the following:

- Nutrition
- Stress management
- Physical activity
- Time management
- Weight management
- Blood pressure control
- Blood sugar control
- Sleep deprivation
- Life satisfaction
- Self-care
- Cholesterol reduction
- Chronic disease management
- Tobacco cessation
- Financial wellbeing

How Do I Get Started?

Health Coaching is included in your annual Concierge Health membership. Sessions are an hour or less and can be conducted in-person or remotely. For the best patient experience, however, we recommend first-time appointments be conducted in-person.



To schedule your session today, email maria.cabrera@ochsner.org, or call 504-842-WELL.

