



# Thinking about a healthier lifestyle?

## TALK WITH A HEALTH COACH

You can get support and motivation in a brief chat with a coach as you discuss:

- Your health goals.
- The process of change.
- Your options for next steps.

Call 503-286-6816 or 1-866-301-3866 and select option 2. This service is free for Kaiser Permanente members. It is available Monday through Friday, 8 a.m. to 5 p.m.