

HEALTH & WELLNESS TOOLS

HEALTH PROFILE AND LIFESTYLE COACHING



YOUR HEALTH AND WELLNESS COME FIRST

Are you ready to live your healthiest lifestyle?

Our new health and wellness program gives you the tools to succeed. Find the path that's right for you with a customized online Health Profile and individual Lifestyle Coaching.



HEALTH PROFILE

The secure Web-based Health Profile is an opportunity to partner with your doctor and build a plan that works for you. Unlike a standard health questionnaire, the Health Profile is a “smart” tool that takes an in-depth look at your unique history and lifestyle to paint a complete picture of your health.

Once completed, you’ll know more about your health risks and care options before visiting your doctor. You’ll be better informed, more confident, and ready to talk with your care team. When you receive care at a Group Health medical center, the Health Profile becomes part of your medical record. It’s available for you and your health care team to discuss at your next visit.

Visit our Web site at www.ghc.org, log on to MyGroupHealth for Members, and click on Complete a Health Profile. It takes only 10–15 minutes, but the benefits can last a lifetime.

24/7 LIFESTYLE COACHING

When it comes to your health, a little support can go a long way. Whether it’s more information or tips on living healthier—in body, mind, and spirit—talking to a health coach might be your answer.

Coaches are specially trained health professionals who can help you target your personal health goals in the areas of nutrition, exercise, tobacco use, weight control and stress reduction. For example, your coach can work with you to develop a customized exercise plan to fit your schedule or a meal plan to help you maintain a healthy weight.

Depending on your answers to the Health Profile, you may be asked to sign up to receive a call from a health coach.

To begin your journey to better health, **visit www.ghc.org**

