



Health Coaching

NMPSIA members covered under Presbyterian Health Plan have access to free health coaching through The Solutions Group, Presbyterian's Health & Wellness Division.

Health Coaches will help you to:

- Set appropriate goals
- Create an action plan
- Identify personal motivation
- Establish coping skills and a reliable support system

Health Coaches will work with you to:

- Eat better
- Lose weight
- Become more active
- Reduce stress
- Sleep better/have more energy
- Prepare for a specific event (5k, wedding, medical procedure, etc.)



To sign up with a health coach,
REGISTER HERE.

<https://www.research.net/r/Coaching-NMPSIA>

Please allow up to 10 business days to be contacted by a health coach.



Health Coaching participants must meet the below criteria to be awarded incentive points:

- Individuals must complete at a minimum of 3 health coaching appointments.
- Individuals must complete the post program coaching survey.
 - Once a participant is finished with coaching they must notify their coach that they have met their goals and wish to complete the program. The coach will send them a link to the post survey, upon completion of the survey the coach will award the client their incentive points.

NOTE: At this time, health coaching is only available to the employee and spouse (not available to children/dependents) of NMPSIA members covered under **Presbyterian Health Plan.**

