

Sign Up for Wellness Coaching

Making healthy lifestyle changes is a challenge for most of us. But with the help of a Wellness Coach, you can achieve your goals to improve your health.

Overview: Similar to how a personal trainer can help you at the gym, your Wellness Coach will guide you through your health and wellness journey by providing counsel over the telephone. Wellness Coaches are certified professionals who have knowledge of many health and wellness topics, such as:

- ✓ Nutrition
- ✓ Physical activity
- ✓ Stress management
- ✓ Smoking cessation
- ✓ Weight management
- ✓ And more!

Eligibility: Wellness Coaching is available to all Brown University employees, regardless of your health insurance provider.

Enrollment: To get started, call The Health & Wellness Institute at **401.228.1351** to enroll by phone. During enrollment, you will be asked about your health concerns and goals. Then, your first Wellness Coaching appointment will be scheduled at a time that is convenient for you.

Enrollment may take up to 15 minutes. When you call, please choose a time during the day when you normally have some privacy.

Confidentiality: All information collected is subject to the Rhode Island Confidentiality of Health Care Information Act. Your individual responses and results will be kept confidential and will not be shared with Brown University or your health insurance provider. Group aggregate results will be used for future wellness programming.

Questions? For more information about Wellness Coaching, please call **401.228.1351**.

