

HEALTH COACHING



FHCP offers a variety of free health, wellness, and fitness programs to help our members achieve their goals.



OUR COACHES ARE HERE TO HELP

FHCP Health Coaches are here to help you set goals, make changes, and find success! Working with a Health Coach means you have someone there to support you as you make changes to your habits and lifestyle. They understand each member is different and work to tailor the coaching program to meet the member's individual needs.

- No co-pays or fees involved
- One size doesn't fit all - we work on YOUR goals
- Confidential phone sessions
- Flexible Scheduling
- Certified, experienced Coaches

BENEFITS OF HEALTH COACHING

- Increased motivation
- Increased support & encouragement
- Positive reinforcement
- Improved Accountability
- Access to helpful resources & education

READY TO MAKE SOME CHANGES?

Not sure where to start?
We can help.

WHAT CAN THE COACHES HELP WITH:

- Review of your Wellness Report (1 session)
- Improving work-life balance
- Setting health & wellness goals
- Increasing physical activity
- Accountability building
- Weight Management
- Stress Management
- Improving eating habits
- Better sleep
- And more

MEMBER TESTIMONIAL

"I have been on this weight loss journey for a good 8 months, but my progress has really taken off since my coach has been coaching me on food, fitness, and just being there to coax me. Thanks to her, I now use sugar substitutes, eat more nutritious foods, work out 3 times a week, and have lost 4 sizes! I feel great, and I just hope you continue this program, as I know how beneficial it has been for me. My coach is a fountain of knowledge and enthusiasm, and I can't thank her enough."



FOR MORE INFORMATION OR TO SIGN UP

HEALTHCOACH@FHCP.COM



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Health Care
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