



# Looking to improve your health?

Weight Management Coaching from TELUS Health can help.

Whether you're 18 or 58 years old, it's important to take care of your health. If you're trying to eat healthier, lose weight, increase physical activity and reduce long-term risks associated with unhealthy lifestyle choices, Weight Management Coaching may be the ideal program for you.

Weight Management Coaching is one of the specific health coaching modules available from TELUS Health. This comprehensive program provides ongoing, individualized support, guidance, resources, and motivation from a qualified health coach.

Weight Management Coaching is:

- Designed to help you learn how to make important lifestyle changes, and, perhaps more importantly, how to maintain the improvements
- A non-diet approach to managing your weight, based on the latest nutritional and exercise recommendations
- Centred on a 'one-day-at-a-time' philosophy, while acknowledging that weight management is a life-long commitment to change
- Supported by accompanying resources and tools to help you acquire practical skills for achieving and maintaining a healthy weight, and adopting an active lifestyle – for life

## Find out more:



### Web app

Click on "Life" in the top navigation then click on "Support and Resources." Scroll down to the "Quick Links" section and click on "TELUS Health Health Coaching".



### Mobile app

Click on "Life" in the bottom navigation. Scroll down to the "Quick Links" section and click on "TELUS Health Health Coaching".