



## Vera Whole Health Coaching Overview

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A Whole Health Coach acts as a supportive partner on your health journey. Coaching is a collaborative process that starts with identifying any area you may be interested in making changes. These topics may include but are not limited to:

- Sleep
- Stress
- Nutrition
- Exercise
- Work / Life Balance
- Time Management
- Personal Goals
- Understanding Biometric Numbers (i.e., Blood Pressure, Cholesterol)
- Life Satisfaction
- Tobacco Cessation
- Condition Management

Once you have identified an area where you might like to change, your coach will help you create a plan. This plan serves as a road map to help you accomplish your goals and may include things such as:

- Long term goals
- Short term goals
- Identifying your strengths and values
- Identifying resources and tools
- Recognizing potential barriers
- Understanding what works for you

You will work with your coach to determine how often you would like to meet. Coaching appointments are 30 minutes and can be in person, telephonic, or video, but never while driving. Coaching is a complimentary benefit at Vera. At each appointment, you can expect:

- Support
- Accountability
- Empowerment
- Empathy
- Goal Review and Setting
- Topic Exploration

Coaching is a collaborative process where your coach will respect boundaries and hold space for you to work through topics. You can expect your coach to be honest, direct, and listen without judgment.

Your Coach will work with your Vera provider to support you. Still, coaches do not give medical advice, nor do they replace services such as those provided by Registered Dietitians, Personal Trainers, Medical Doctors, Nurse Practitioners, Mental Health Counseling, or any other health professional. Your Coach may recommend additional support from these services as needed.