

# What Can a Health Coach Do *for you?*

## Sometimes more information is really not what you need.

For instance, you may already know that smoking increases the risk for lung cancer and a number of other diseases. You don't need a health coach or anyone else to tell you this. Instead, you need help making the decision to change the behavior that put your health at risk. A UMR health coach can help you determine what you need to do and how to make it happen.

## Health coaches can help you.

UMR's coaches are much more than just a source of health information, they are your partner. Our coaches are trained in behavior-change techniques and can help you zero in on your readiness to change. Once you understand the stages of change, it will be easier to move through them.



## Set SMART goals

When you reach the stage of readiness to take action, a health coach is there for you. This is the time to discuss your objective with your health coach, who will help you select a SMART goal—one that won't set you up for failure.

## SMART is a tool used to help you set goals:

- S = specific**
- M = measurable**
- A = attainable**
- R = realistic**
- T = trackable**

**MORE THAN  
JUST A  
SOURCE FOR  
INFORMATION!**

## Take Action

Once you have selected a SMART goal, your health coach will:

- Help you pick a completion date for meeting your goal and strategies or actions that will help you reach it.
- Suggest several possible action steps that will lead you to success.
- Help you become aware of the obstacles that could keep you from succeeding and suggest ways to avoid them.
- Help you identify other sources of support in your family, friends and even coworkers.

## It's free and confidential

**No cost:** Health coaching is a valuable benefit provided by your employer at no additional cost to you. Who wouldn't like to have their own "personal coach" in the quest for better health?

**Confidential:** UMR takes confidentiality very seriously. It is important to know that we will not share any identifiable, personal health information with your employer. The employer receives group information only. UMR care management programs operate in compliance with all federal and state privacy laws.