

# How to prepare for your health coaching session

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Health Coaching helps build confidence to support sustainable, healthy lifestyle changes. Your coach will work with you on what's important to you. To prepare for your ActiveHealth Health Coaching Session we recommend you come prepared with the following to your first appointment:

- Complete your health risk assessment on [myactivehealth.com/stateofindiana](https://myactivehealth.com/stateofindiana) and come prepared to discuss your results and action items with your health coach.
- Bring your most recent biometric screening results or lab results from your physician.
- Select an area of your health that you would like to focus on that could include:
  - Improving your physical activity/fitness level
  - Enhancing your overall diet/nutrition intake
  - Reducing your risk factors for diabetes
  - Reducing your risk factors for high blood pressure
  - Reducing your risk factors for metabolic syndrome
  - Improving your sleep
  - Managing your stress
  - Quitting tobacco products
  - Reaching or maintaining a healthy weight
  - General health education
- Understand the role of your health coach and your role as a participant in health coaching to get the most out of your sessions:

## Health Coach Expectations

As your health coach I will work with you to provide guidance, resources, support and accountability, including:

- Encouraging you to set realistic and achievable goals
- Asking questions to help guide you to find your own solutions
- Providing education, advice, and giving feedback when needed
- Helping you to identify and plan for barriers and challenges that may obstruct your plan and goals
- Encouraging you to identify your vision of wellbeing and what motivates you
- Connecting you to appropriate resources if you have a concern or question outside of my scope

## Participant Expectations

As a participant in a coaching partnership you are making a commitment to your health and wellbeing, including:

- Readiness to invest time and take action to make improvements in your health and wellbeing
- Choosing one key area of focus from the above list
- Setting small, realistic lifestyle goal(s) at each visit
  - Example: "Starting today, I will begin walking 3 days a week for 30 minutes until my next coaching appointment"
- Taking responsibility for meeting, or progressing towards my lifestyle goal
- Willingness to be open and honest with myself and my health coach
- Honoring your appoint time and rescheduling your appointment if needed with appropriate notice

Also, start to think about how you would answer the following:

*I'm at my best health when:*

*My well-being is important because:*