

# HEALTH COACHING



Kansas City

Positively Impacting Your Health and Well-Being



TAKE THE FIRST STEPS TO CREATING  
**POSITIVE** LIFESTYLE CHANGES WITH A  
HEALTH AND WELLNESS COACH

## Personalized Coaching

Health Coaches are trained in helping Blue Cross and Blue Shield of Kansas City (Blue KC) members like you reach your best health and well-being. They offer the support, resources, and personal assistance to help develop a customized plan specific to your individual needs. Realistic health plans, created with the assistance of a coach, can help you make positive lifestyle changes that last.

### HEALTH COACHES HELP YOU:

Define and map out your current state of wellness.

Set realistic goals and identify areas of improvement.

Identify people and opportunities to build strength and overcome challenges.

Address environmental triggers that may interfere with your goals, and provide strategies to avoid those setbacks.

## Certified Coaching

Blue KC Health

Coaches are certified through Wellcoaches<sup>®</sup>,

a coaching program

endorsed by the

American College of

Sports Medicine.

## Coaching Sessions

Blue KC Health Coaches can meet with you one-on-one in a private setting to create a customized plan outlining your short and long-term health and wellness goals. There is no cost and no obligation.

# HOW THE COACHING PROCESS WORKS



Kansas City

Members benefit most from meeting with a certified Health and Wellness Coach once a month.

Members are encouraged to participate in the program for a minimum of three months to truly see results.

- 1 SCHEDULE AN APPOINTMENT**

Log on to [BlueKC.com](http://BlueKC.com) and select the "Living Healthy" tab to view available appointment times. You can also directly contact coach [Quinn.Jones@bluekc.com](mailto:Quinn.Jones@bluekc.com) to learn more about the program and to schedule an appointment.
- 2 DEFINE AREAS OF FOCUS**

During your first session, you will be asked to submit a wellness assessment detailing key areas of concern.
- 3 SET ASIDE TIME**

Plan to spend approximately 30 minutes during each session as you and your coach map out a wellness plan based on your priorities. It will include goals and action items outlined over the first three months.
- 4 PLAN YOUR SESSIONS**

You will benefit most from meeting with a health coach once a month. Together you and your coach will review any progress made, explore pressing issues and, if necessary, set new goals.
- 5 ANALYZE YOUR PROGRESS**

At the end of three months, you and your coach will discuss which goals have been met, refocus your health goals and decide whether to continue with the program.

MAKING **PERMANENT AND POSITIVE CHANGES** IS THE KEY TO LIVING A **HEALTHY, WELL-BALANCED** LIFE TODAY AND FOR THE REST OF YOUR LIFE

	<b>Building</b>	<b>Date &amp; Time</b>	<b>Location</b>
<b>#1</b>	Business Tech Center Campus Center Room 203	Thursday, August 31st, 8am-12pm Coach: Quinn Jones	1775 Universal Avenue Kansas City, MO 64120
<b>#2</b>	Maple Woods Admin Bldg, Monarch Room	Thursday, August 31st, 1p -4pm Coach: Quinn Jones	2601 NE Barry Road Kansas City, MO 64156
<b>#3</b>	Blue River Education Center, Room 108	Monday, September 11th, 8am-12pm Coach: Quinn Jones	20301 E State Route 78 Independence, MO 64057
<b>#4</b>	Longview CC 216	Monday, September 11th, 1pm-4pm Coach: Quinn Jones	500 SW Longview Road Lee's Summit, MO 64081
<b>#5</b>	Administrative Center (AC) AC 236 - Vice Chancellor's Rm	Thursday, September 21st, 8am-12pm Coach: Quinn Jones	3200 Broadway Street Kansas City, MO 64111