



PEIA Lifestyle Coaching

PEIA is pleased to announce the availability of lifestyle coaching for PPB and the Health Plan members. Lifestyle coaching is a benefit designed to assist individuals in making healthy choices by focusing on specific goals and identifying/addressing possible barriers to achievement. Eligible people should contact their regional Health Promotion Consultant for more information. This benefit is only for insured who are 18 years and older. Participants can receive one coaching session every three months for up to 4 (four) sessions per year, (one per quarter). This benefit may be utilized annually.

What does a lifestyle coach do?

Unlike sports coaches, lifestyle and wellness coaches don't focus on changing specific behaviors, like correcting a bad golf swing. Instead, they develop the participant's overall strengths and abilities and encourage them to take ownership of their health.

FREE to PEIA PPB and Health Plan Participants

Some things to consider when you inquire about coaching:

- What is the issue you want to address through lifestyle coaching?
- Have you ever been told that you have a health condition that you could address/need to address with behavior change?
- Have you tried to make a lifestyle change on your own?
- What are some of the barriers you have had to success?

If you have been diagnosed with hypertension, obesity, cardiac problems, etc. you may want to consider coaching. You may receive basic biometric information through a simple blood test as well as more information of interest.



Coaching can be done on a face-to-face basis or telephonically.

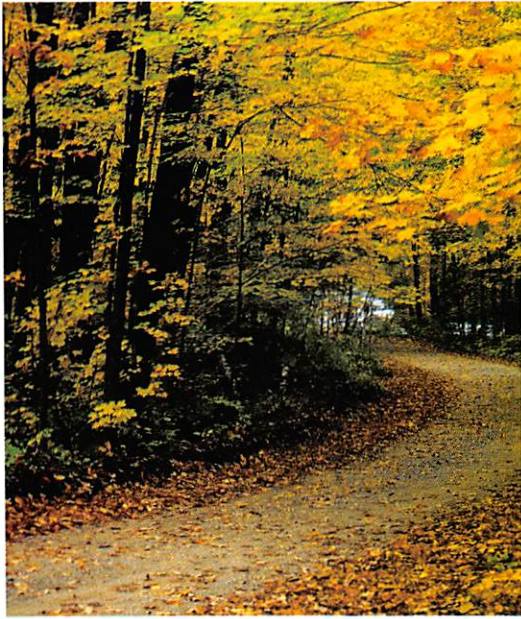
The regional Health Promotion Consultant is the lifestyle coach for each region. Go to www.peiapathways to find contact information for your HPC. Your Worksite Coordinator can also provide you with this contact information.

Your coach will offer you an initial session (that does not count towards the total of four per year) to assess your needs and possibly provide information with regards to other PEIA programming available.

Charity Kabaiku

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PEIA Pathways to Wellness Program offers a variety of options for participants.

What else is offered by PEIA?

- Weight Management Program
- Face to Face Diabetes Program
- WVU/WVSU Extension Classes
- Dr. Dean Ornish Programs
- Tobacco Cessation
- Dietetic Services
- Onsite Health Informational Presentations
- Wellness Challenges and Programming for worksites

Pathways to Wellness

www.peiapathways.com

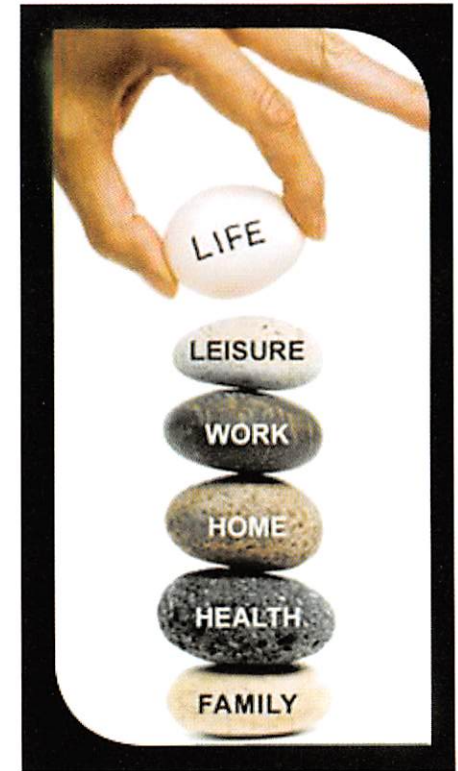
The Pathways program has been revamped to better meet your lifestyle needs. We are offering fitness, nutrition and stress management classes at worksites for PEIA Preferred Provider Benefit and Health Plan members. These classes may be arranged through your regional Health Promotion Consultant (listed on the web portal above) on a first come, first served basis.

Contact Us

Phone: 304-696-3750



PEIA PATHWAYS TO WELLNESS PROGRAM
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PEIA PATHWAYS TO WELLNESS PROGRAM

*LIFESTYLE COACHING
BENEFIT*