

# Health Coaching

A free service available for Boone County Family Medicine patients



**Let our certified health coach help you!**

## **What can our health coach do for you?**

- Help you figure out the health goals that matter the most to you.
- Assist you in creating an achievable goal.
- Provide you with support and resources to help you achieve your goals which includes face-to-face and follow-up phone calls.
- Connect you to other resources such as diabetic and nutrition services at Boone County Hospital.

## **Our health coach can help you with:**

- Losing weight
- Lowering blood sugars
- Other health-related issues
- Lowering blood pressure
- Stress reduction

For questions or to set-up an appointment, call **Boone County Family Medicine North at (515) 432-4444**  
OR **Boone County Family Medicine South at (515) 432-2335.**



BCFM North, 120 South Story Street, Boone ● BCFM South, 1115 South Marshall, Boone  
[www.boonehospital.com](http://www.boonehospital.com)