

Why It Pays to Work with a Health Coach

LiveLifeWell

If you or your spouse/partner could benefit from health coaching, you'll get a call from a LiveLifeWell health coach within two to three weeks of completing the health assessment. So why should you take the call and accept the offer of help and encouragement?

Because it's free. People pay hundreds or thousands of dollars to get the type of health coaching you can receive through Abbott *at no cost*.

Because it's personalized. Your coach will create a plan that's just right for you, based on your health needs and goals. You'll also get help staying on track until you reach your objectives. If you have setbacks along the way, your coach will provide encouragement, make adjustments to your plan and get you moving in the right direction again.

• *"My husband and I were planning a cruise, and I wanted to look good. (I also knew my excess weight was bad for my health!) My coach helped me design a diet and exercise plan. I changed the way I ate and started exercising six days a week. **In less than 18 months, I lost 65 pounds.**"*

• *"My coach motivated me to stop skipping breakfast and make changes to my diet. **I lowered my LDL (bad cholesterol) by 32 points and my total cholesterol by 40 points.**"*

• *"My health screening revealed elevated cholesterol levels; I had no idea. At first I wasn't excited about my health coach's calls to discuss what I had done to meet the goals I set the previous month. My coach's persistence and encouragement kept me going, and eventually **I started looking forward to her calls so I could share my successes.** I lost 25 pounds, my cholesterol levels are greatly improved, and I am exercising regularly. I was even able to complete a 10K race!"*

Because it's completely confidential. Healthways, an independent company, provides health coaching. By law, Abbott will not receive your individual health information.

Because it works. But don't take our word for it. Below are some **true stories* from a few of your Abbott coworkers** who took advantage of health coaching.

• *"I'm a field sales rep, so I was often eating on the run...and eating the wrong things. I knew I needed to change my diet. With the help of my health coach, **I lost 59 pounds and reduced my waist size by five inches.** I also dropped my total cholesterol number by 87 points."*

• *"I used to have a very sedentary lifestyle. My coach designed an exercise regimen for me. **Now I work out four days a week.**"*

• *"I had a really bad sweet tooth, so my coach worked with me to replace sugary snacks with organic fruits and vegetables and whole grains. I signed up for spinning classes, started using the elliptical machine and joined a weekly soccer league. **I lost 29 pounds.**"*

• *"**I quit smoking with help from a coach...**and I didn't gain any weight during the whole process."*

*Stories submitted by employees; names and locations removed to protect privacy.