



Top 5 Reasons YOU Should Work with a Health Coach

You might find yourself thinking, “Why should I work with a Health Coach? What could a Health Coach do for me that I’m not already doing myself?” While you may not feel you need a Health Coach, you might find that working with one can help you reach your goals – and you just might like doing it.

If you or your spouse get a call from a LiveLifeWell Health Coach after you take your Health Assessment, make sure you take the call! Here are the top 5 reasons why YOU should work with a Health Coach:

- 1. 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*.
- 2. It’s personalized.** Your Health Coach works with you to 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 Health Coach will provide encouragement, make adjustments to your plan, and get you moving in the right direction again.
- 3. It’s completely confidential.** The program is administered by Healthways, an independent company that provides health coaching. By law, Abbott will not receive your individual health information.
- 4. It works. But don’t just take our word for it.** Below are some true stories* from a few of your Abbott coworkers who achieved results by working with a Health Coach!
- 5. You JUST might like it!** Working with a Health Coach doesn’t have to be scary or tedious... it can be whatever you want it to be! The Health Coach will work with you to make a plan to help you take small steps to reach your goals. Remember, you’re in the driver’s seat, and your Health Coach is along for the ride to encourage and motivate you every step of the way.

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15,749 pounds lost!
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Last year Abbott employees and spouses who worked with a Health Coach lost a total of 15,749 pounds.
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Here is what your coworkers are saying...

*“I’ve been working with a Health Coach for 3 years now. **I used to dread the calls because I always felt guilty about not making any changes. Now I look forward to them.** Since 2007 my cholesterol and blood pressure have dropped, I’ve lost weight, and went from very little exercise to exercising intensely most days of the week.”*

*“I just completed my first triathlon. Since being encouraged by my Health Coach to incorporate more recreational exercise into my daily routine, I now enjoy playing racquetball once a week and go to the gym consistently. **My waist size has also dropped seven sizes.**”*

*“When I first met with my Health Coach, we discussed the importance of balanced meals and reduced fat in foods. **I am currently working to increase my fiber intake through fruits and vegetables along with eating more frequently. And I’ve already lost 28 pounds!**”*

*“I enrolled in the program with my main goal to focus on lowering my cholesterol. After a few months of healthy changes in my diet and increased exercise, **I managed to lower my total cholesterol from 256 down to 207.**”*

*“When I started working with a Health Coach, I was concerned about my blood pressure. So the Health Coach discussed the importance of a low-sodium diet along with exercise. **I am now exercising 5 times per week and have eliminated a lot of the processed food from my diet. My blood pressure went from 138/82 to 116/68, and I’ve lost 10 lbs.**”*

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

If you have questions about Health Coaching or would like to sign up, call (877) 292-1373. For more information, you can visit iLiveLifeWell.com.