

Health Coaching Services

Manage your health conditions with Iowa Total Care

Do you want to learn more about your health condition and how to stay healthy? Iowa Total Care offers **free health coaching services** to promote the best health outcomes for members. Through our health coaching program, members can access educational resources, support services and coaching by phone.

With a health coach, you can learn more about:

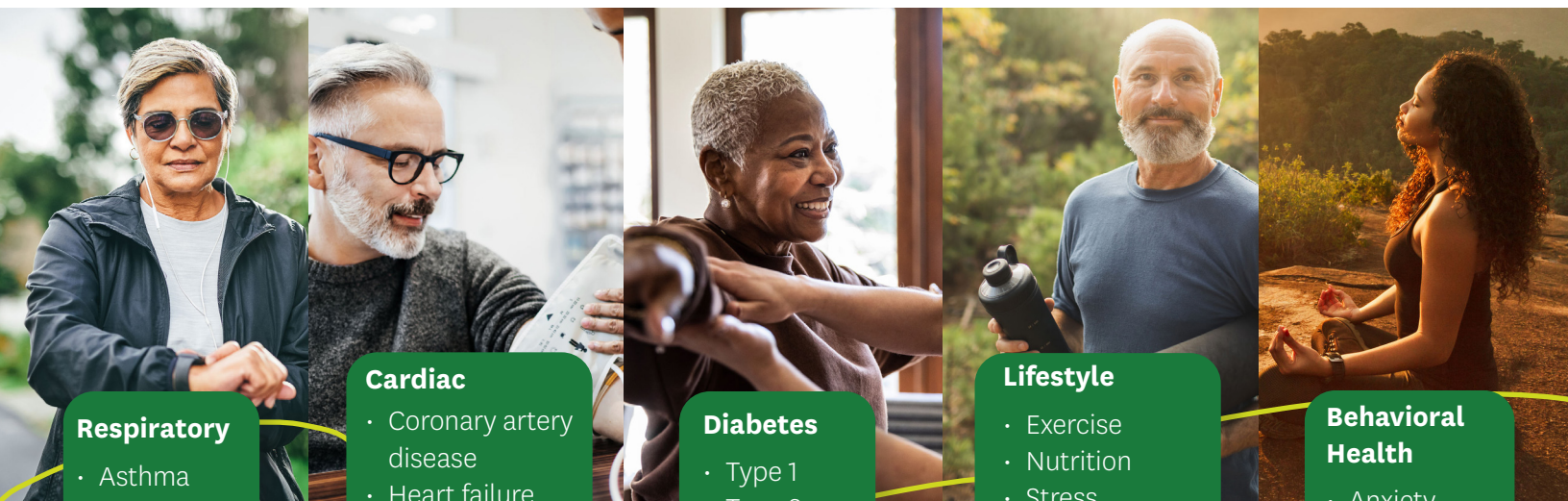
- Life barriers that may prevent healthy behaviors.
- Health screening recommendations and why they matter.
- Your medications, how they help and what they do to your body.
- Eating healthy foods and moving your body every day.

How does health coaching work?

- Health coaches help guide you in making your own choices to benefit your health.
- Each coach tailors their program to you and encourages you to reach your goals.
- Health coaches make sure you get all the important facts you need to succeed.

Through our health coaching services, we will support you in setting simple, real goals so you can take control of your own health. Everything we teach uses strong medical facts to give you the best care possible.

Have any of these conditions? Health coaching can help!



Respiratory

- Asthma
- COPD

Cardiac

- Coronary artery disease
- Heart failure
- Hyperlipidemia
- Hypertension

Diabetes

- Type 1
- Type 2

Lifestyle

- Exercise
- Nutrition
- Stress
- Weight management

Behavioral Health

- Anxiety
- Depression

Ready to enroll? Call 1-833-234-9026.