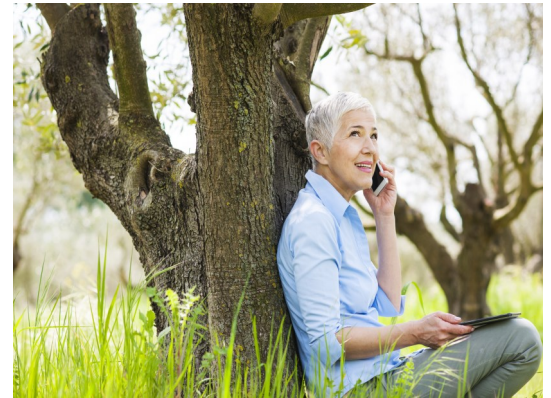


Are you living with chronic conditions?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Self-Management Health Coach Program

Daily challenges of living with one or more chronic health conditions can be difficult. This **one-on-one telephone-based** program supports people to become better self-managers. Peer Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months to support an individual to make a health behaviour change and enhance professional health care.



Health Coaches Support Participants to:

- ✓ Choose goals and actions they want to take to better manage their health
- ✓ Identify and problem-solve barriers to being healthier
- ✓ Become more self-confident
- ✓ Be motivated to initiate and maintain healthy behaviour changes
- ✓ Learn strategies to cope with physical and emotional challenges

Program Features & Benefits:

- ✓ Ideal for those who are interested in making changes to improve their health and quality of life
- ✓ Participants are encouraged to take steps of their choosing as they work toward their health goals
- ✓ One-on-one support
- ✓ Resource book provided and used by coach and participant

This FREE program is open to BC adults living with one or more ongoing health conditions.

Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767
selfmgmt@uvic.ca | selfmanagementbc.ca

