

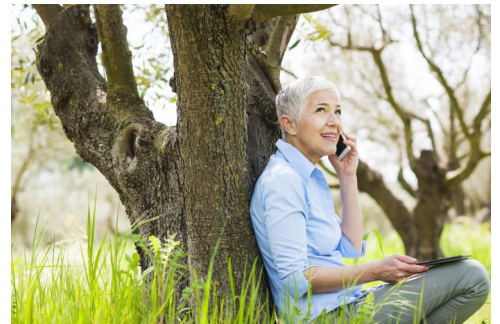
put life back in your life

Join a free health program and become an expert self-manager!



Self-Management Health Coach

This **one-on-one telephone-based** program supports people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months. Health Coaches provide a dimension of support that complements and enhances 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 for those who do not wish to participate in an in-person or online program

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

Contact Self-Management BC

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