



## **TrestleTree Health Coaching Program**

### ***“Get Smart and Get Healthy”***

#### **What is TrestleTree?**

- TrestleTree is a health transformation company that helps individuals and families achieve better health.
- TrestleTree can help you lose weight, quit using tobacco, improve nutrition and exercise, and cope with stress.

#### **What is *Your Health Story*?**

- ‘Your Health Story’ is a 15 minute conversation about your health.
- It is done over the phone with a trained health professional.
- You’ll have an opportunity to get enrolled and started in health coaching.

#### **What is Health Coaching?**

- You will work with your own Health Coach to make a plan that is right for you to meet your health goals. Everything in the program is tailored to you.
- You will explore ways to make changes in your behavior that will last.
  - Change the foods you eat and be more active
  - Quit using tobacco
  - Follow your doctor’s advice to take care of yourself
- You will receive written materials from your Health Coach that can help you decide where you want to go with your health and how to get there.

#### **What if I’m not ready to change my behavior?**

- You don’t have to be ready to change your behavior now. Even if you are just thinking about making changes, your Health Coach will help you decide what you want to do.

#### **How much is this going to cost me?**

- TrestleTree’s Health Coaching program is free to you; it is a benefit covered by the Health and Welfare Fund.

#### **Who has access to my information?**

- Health Coaching with TrestleTree is completely confidential. Your employer will not receive any personal information about you. The Fund will receive a report including your name and whether or not you are enrolled in the program.

#### **How does Health Coaching work?**

- You will talk with your Health Coach over the telephone through conveniently scheduled appointments.
- Appointments can range from 15 minutes to an hour. How long and how often you meet with your Health Coach depends on your individual needs.
- TrestleTree Health Coaches are available for appointments Monday through Thursday, 7am - 9pm CT / 8am – 10pm ET and Friday, 7am - 5pm CT / 8am – 6pm ET.

#### **How do I get started?**

- To complete *Your Health Story*, please call 1-866-234-4635 to schedule an appointment.