

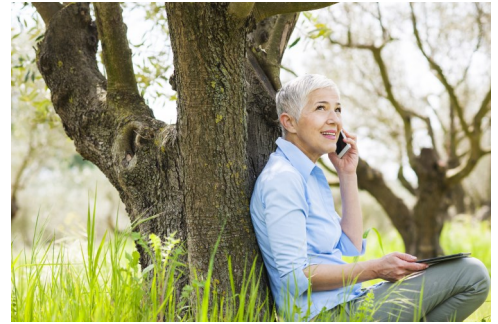
# put life back in your life

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.



**This program is open to adults of all ages who are living with one or multiple ongoing health conditions.**

### 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

## FOR MORE INFORMATION

Visit: [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) | Email: [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca) | Call: 1-866-902-3767 (toll-free)

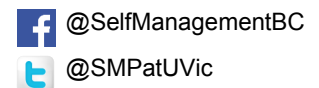
*For programs in Chinese or Punjabi, please contact the Program Coordinator directly:*

Chinese: Courtney Kang - [ckang@uvic.ca](mailto:ckang@uvic.ca) | Punjabi: Jay Bains - [jaybains@uvic.ca](mailto:jaybains@uvic.ca)

### Also available:

- Better Choices, Better Health Online Program
- Tool Kit for Active Living with Chronic Conditions
- Tool Kit for Active Living + Telephone Calls

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