



MYQHEALTH HEALTH COACHING

IF THERE'S A BETTER WAY TO HELP
YOU ACHIEVE YOUR HEALTH GOALS,
WE'LL FIND IT.



Whether you want to eat healthier, manage your weight, be more active, or sleep better, your MyQHealth Health Coach can help.

**FREE WITH YOUR GUIDESTONE HEALTH PLAN,
MYQHEALTH HEALTH COACHING INCLUDES:**

- One-on-one scheduled calls
- An assessment-based behavioral approach
- Evidence-based coaching methods
- Educational resources and support
- A secure message center for communication between you and your coach

GET STARTED TODAY!

Contact your MyQHealth Care Coordinators to schedule your first Health Coaching session.

**IN THIS LIFE-CHANGING
PROGRAM, YOU AND YOUR
COACH WILL:**

- Discuss your current health, health history and goals
- Develop a personalized plan that fits your lifestyle
- Track your progress to lasting behavior change

GuideStoneHealth.org

855-497-1230

(Monday–Friday, 8:30 a.m.–10 p.m. ET)

Download the app | **MyQHealth - Care Coordinators**