Health & Wellbeing Coaching Service



Embedding more personalised care

Supporting people to live happier and healthier lives



What is a Coach?

- A Coach is a non-clinical professional that is part of your GP practice
- Helping to manage and/or prevent longer term healthcare conditions through lifestyles management and advice
- Provide resources, education and help directly



How can a Coach help you?

- Help you with nutrition and diet / pain management / daily struggles
- Dedicated support to help improve your day to day activities
- Longer appointments to allow meaningful conversations with you to help improve lifestyle, behaviour and physical health changes



What do I need to do?

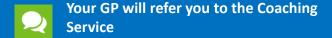
- Attend virtual appointments with your Coach by telephone or video
- Work with your Coach to develop a personal plan that helps you meet you health & wellbeing goals
- Regular check-ins with your Coach to ensure progress is being made

Contact your GP Practice for more information

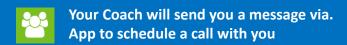
Getting Started – What to Expect

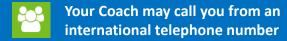


The COVID lockdown has resulted in unexpected weight gain for some due to stress eating, snacking out of boredom, challenged to finding healthy food and more time sedentary. As a result this can put people at heightened risk for Type 2 Diabetes, Stroke, Heart Disease, Hypertension and a number of other health issues. Lockdown has also contributed to low self esteem, low mood and anxiety. We are taking referrals for people to access our dedicated Coaching service to help improve health, wellbeing and lifestyle.



- You will need access to a Smartphone to access the service
- You will receive a welcome SMS from NHS
 THRIVE on behalf of your GP
- Download the (free) GOQII App from the App Store you will find a link in the SMS
- You will be able to select a dedicated (internationally based) Coach, highly trained and UK accredited who will work with you





Your Coach will work with you to build your own personal care plan and help you achieve your goals

You can contact your Coach via. the App chat system or request a call

Your GP will be kept up to date with your progress

If you have any queries or questions please contact <u>your GP Practice</u> for more information