

## 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 your health & wellbeing goals
- Regular check-ins with your Coach to ensure progress is being made

**Contact your GP Practice for more information**

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.



Your GP will refer you to the Coaching Service



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 send you a message via. App to schedule a call with you



Your Coach may call you from an international telephone number



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 [your GP Practice](#) for more information