



# PILE ON THE FRUITS AND VEGGIES

## Call a wellness coach today

You know that fruits and vegetables pack a strong team of vitamins. But how do you get in the zone of filling up on fresh foods instead of junk food? Now you can gain yards toward eating healthier – just by making a phone call.

At Kaiser Permanente, we offer Wellness Coaching by Phone to help you tackle any obstacles that may block you from reaching your health goals. If you want to score tips on ways to eat better, you can get the support you need through one-on-one conversations with a wellness coach. When it comes to practicing good health, our dedicated coaches have got your back.

### Kick it off

Call **1-866-862-4295**, Monday through Friday from 7 a.m. to 7 p.m. Pacific time, to make an appointment. Coaching is offered in English and Spanish, and no referral is needed. Wellness coaching is available at no charge to Kaiser Permanente members.\*

### VICTORY!

Catherine, who had been dieting since she was 9, was desperate to get help for her food addiction. She booked her first appointment with Danielle, who gave her resources on [kp.org](http://kp.org) and worked with her to meet small goals. "It just clicked with Danielle, and having her check up on me was phenomenal. I felt stronger every day! I can't believe something so valuable is free for KP members."<sup>†</sup>

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

\*Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.

<sup>†</sup>Source: [http://kpnet.kp.org/scal/healthed/coaching/coaching\\_stories.html](http://kpnet.kp.org/scal/healthed/coaching/coaching_stories.html)