

# MEET YOUR ONSITE HEALTH COACH



## Kelly Bethke, RN

Thank you for your interest in personal health coaching. Here are the answers to a few frequently asked questions.

**Q: What does a Health Coach do?**

**A:** A Health Coach provides personal, one-on-one coaching to help improve your overall health – physically and emotionally. Working together, you and your coach can create a plan to help you meet your personal health and lifestyle goals.

**Q: What topics can we discuss?**

**A:** You can talk about almost anything health related, such as reducing stress or quitting tobacco; nutrition, exercise and weight loss; and health conditions such as improving high blood pressure and high cholesterol.

**Q: Is health coaching confidential?**

**A:** Yes. Your Personal Health Information (PHI) is protected by the Health Insurance Portability and Accountability Act (HIPAA) and the Health Coach “Code of Conduct.” Your managers and coworkers cannot access your PHI.

**Q: Why do we have an onsite Health Coach?**

**A:** Cigna and the State of Colorado are committed to your health – both physically and emotionally. As part of your employer’s wellness strategy, onsite health coaching is another example of a continued investment in you and your health. **You can meet with Kelly regardless of your health plan- Cigna, Kaiser, etc.**



### To schedule a Health Coaching Appointment:



› Click the link below:

[Acuity Scheduling Link](#)

You may email Kelly with questions at:

[kelly.bethke@cigna.com](mailto:kelly.bethke@cigna.com)

Or call Kelly at: 720.614.1153

To speak to a Cigna Advocate Call:

800.244.6224

**Together, all the way.®**



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