

# Wellness coaching at Premise Health

Convenient. Supportive. Accessible.



At Premise Health, our certified wellness coaches work with members to create a path that leads to better health. We focus on strengths and support each member's unique wellness journey.



“ I want to share about my wellness coach from Premise Health who has helped me so much this past year...

## Connect with a wellness coach to:

- Improve nutrition
- Manage stress
- Improve sleep
- Increase movement
- Discuss health concerns
- Explore time management
- Quit tobacco



...I signed up for the Healthy Eating program last year and through her guidance, I have not only made a lifestyle food change, but I also experienced a significant weight loss when I added exercise with my plan...

## Our wellness coaching methods:

- Help improve health outcomes
- Are delivered by providers with nationally recognized coaching certifications



...My bloodwork improved dramatically from last year. Her patience and encouragement are immeasurable, and I cannot thank her enough for her help.”  
- Premise Health patient, FL

Take the next step, and get started on your wellness journey with a Premise Health wellness coach today. Appointments are available Monday - Friday.

## Who can use these services?

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## Schedule a visit.

Online at [mypremisehealth.com](https://mypremisehealth.com) or use the My Premise Health app.



Center Logo

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