

# Cummins Health Center: Healthy Lifestyle Coaching Services

Work with a healthy lifestyle coach to achieve a lasting lifestyle change in the areas of weight, nutrition, exercise, smoking cessation, work/life balance, stress management, and life satisfaction.

Healthy lifestyle coaching sessions are 100% confidential and available free of charge. Meetings with a certified healthy lifestyle coach can take place by phone and are offered to all Cummins employees and spouses regardless of employee location.



## During your initial coaching session, your healthy lifestyle coach will help you:

- Assess your readiness for behavior change
- Collaborate to create a wellness vision
- Co-create an individual wellness plan
- Identify your motivators and strengths
- Identify potential barriers to the changes you want to make
- Begin to develop strategies
- Set long- and short-term goals

In addition, the healthy lifestyle coach will refer you to other Cummins benefits that may be helpful for your situation and assist you with navigating those resources.

## During your follow-up coaching sessions, your healthy lifestyle coach will help you:

- Celebrate successes
- Discuss challenges and generate alternative strategies
- Learn any necessary information to move forward
- Commit to maintain existing goals or set new weekly goals
- Measure progress toward long-term goals
- Revisit your wellness vision

Make your appointment with a healthy lifestyle coach today by calling 844-210-1007.

Have questions?

Contact us at [cmi.healthy.lifestyle@premisehealth.com](mailto:cmi.healthy.lifestyle@premisehealth.com) or contact your local Cummins Health Center.

