



A Call to Change ...

Phone Programs

Include:

Weight Management

Tobacco Cessation

Back Health

Stress Management

Healthy Pregnancy

Blood Pressure Management

Cholesterol Management

Physical Activity

Nutrition

You're just a call away from better health

Get on the path to a healthier lifestyle today with health coaching by phone. Choose from 9 award-winning courses conducted over the phone. Partner with registered dietitians, health educators, exercise specialists and pharmacists. These experts work with you one-on-one to set goals tailored to your needs and provide support to help you achieve them.

You can schedule your phone appointments when it's most convenient for you. Phone sessions are 15 to 20 minutes, depending on the course. You'll also receive course materials and tools to prepare you for each call, keep you motivated and track your progress.

The tools and support you need to make permanent lifestyle changes. Enroll today! Call us at:

Twin Cities Metro area: 952-967-5128

Out-state MN toll-free: 1-866-977-5128

TTY toll-free line: 1-877-222-2794



A Call to Change ... Back to Health®

Do you suffer from low back pain, or do you want to prevent it from happening to you? We can help you adopt the lifetime skills necessary to prevent or manage your pain.

Topics include the importance of good posture, assessing body mechanics, aerobic exercise to increase movement, and tips for coping with pain.

A Call to Change ... Solutions for High Blood PressureSM

High blood pressure, or hypertension, can have serious health implications if it is not treated properly. It can increase your risk for heart disease, stroke and kidney failure, among other serious health conditions.

Topics include medication management, healthy eating and physical activity. We can help you create a personal action plan for managing your high blood pressure.

Call to Change ... Solutions for High CholesterolSM

While most people accept that too much cholesterol is bad for your heart, the steps that you can take to control it are not as clear. This course is designed to help you achieve and maintain healthy lifestyle changes and manage your cholesterol levels. We'll help you find the path to a healthy heart.

A Call to Change ... Get Moving, Get FitSM

Being active helps you manage your weight, reduce stress, feel better and improve your health. You'll set personal activity goals and be enrolled in HealthPartners award-winning 10,000 Steps® program.

Work with an exercise specialist to increase regularity of physical activity, develop conditioning through aerobic activity, enhance flexibility and discover the benefits of strength training.

A Call to Change ... Healthy Choices, Healthy BabySM

This course is designed to help you make lifestyle choices for a healthy pregnancy and a healthy baby.

Topics include healthy weight gain, benefits of breast-feeding, nutrition, physical activity, stress management during pregnancy and more.

A Call to Change ... Balancing Stress for Healthy Living®

Take the first step toward managing stress and improving your overall health. Learn how to identify your stressors and implement strategies to take control of stress instead of allowing stress to control you.

Topics include understanding stress, self-talk and building resilience, letting go, healthy communication, a balanced lifestyle and stress at work

A Call to Change ... Healthy Lifestyles, Healthy Weight®

Whether you've tried to lose weight in the past or this is your first attempt, you know that losing weight requires time, effort and patience. Get the added support you need to achieve your weight loss goals and manage your weight successfully.

Topics include healthy eating, physical activity and exercise, stress management, weight maintenance and relapse prevention. You'll also receive a course handbook, pedometer, and several course tools to help you achieve success!

A Call to Change ... Healthy Eating, Healthy LifeSM

Healthy eating can increase your energy level, enhance athletic performance and combat stress.

Topics include making healthy food choices using the new Dietary Guidelines. All course topics are tailored to meet your individual nutrition and health goals.

A Call to Change ... Partners in Quitting®

If you want to quit smoking but don't know where to begin, the support you need is one phone call away. Learn how to beat cravings, relieve stress and adjust to life without nicotine.

Get help in quitting smokeless tobacco, too. Kick the habit for good!