

# HEALTH COACHING SERVICES



## WHAT?

A **FREE** health coaching program designed and supervised by a Registered Psychologist.

## WHO?

For people at risk for, or with early-stage chronic disease who could benefit from lifestyle changes.

## HOW?

Ask your doctor if B Well is right for you. Any Burnaby Family Physician or Nurse Practitioner can refer their eligible patients.

## WHY?

To help people reach healthy lifestyle goals through small, manageable, self-directed changes.



**Goal Setting & Individual  
check-ins**



**Progress Reports  
For you & your Doctor**



**Long-term support &  
connection**

