



# Health Coaching Available

## Schedule an appointment with a health coach

Your HealthQuest Health Center provider will help you set goals for health improvement that are in line with your needs and aspirations.

### Health Coaching Services

- Weight Loss
- Weight Gain
- Get Stronger
- Eat Better
- Increase Physical Activity
- Improve Sleep
- Quit Smoking
- Quit Tobacco
- Reduce or Manage
- Stress

Once you've chosen the areas you would like to work on, we can help you create a realistic, actionable health plan.

### Eligibility and Services

HealthQuest Health Center Health Coaching services are available free of charge to all benefits eligible employees and their covered spouses. Health Coaching is available in person at the HealthQuest Health Center in Topeka or virtually through Marathon Health Anywhere.



**SCHEDULE APPOINTMENT**

**785-783-4080 or visit:  
HealthQuest.ks.gov**