

RATE YOUR HEALTH

Are you the healthiest you can be?

Rate your overall satisfaction with each area below. Use the scale to determine your score for each line. Tally your score at the bottom.

Strongly Disagree	Sort of Disagree	Don't Know	Sort of Agree	Strongly Agree
1	2	3	4	5

SCORE

I have friends, family and coworkers who support me in reaching my health goals.

I manage my health conditions well.

I successfully prioritize my "to-dos" and manage my time effectively.

I don't feel overwhelmed or stressed at home or work.

I take time for myself everyday to do something I enjoy.

I exercise on average 150 minutes per week.

I eat healthily and so does my family.

I have no trouble getting at least 8 hours of sleep every night.

I don't use tobacco regularly or in social settings.

I am within a healthy weight range, and happy with my current weight.

YOUR TOTAL SCORE

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50-40: Way to go! You are taking control of your health and feeling well!

39-30: You are doing pretty well. You could use a little Spira Care boost in an area or two. Meet with a health coach.

29-20: Your health doesn't have to be average. Meet with a health coach.

19-BELOW: A health coach can help you get on the path to wellness.

YOUR OWN HEALTH COACH

Working with a certified health coach can provide the direction and accountability you need to create positive lifestyle changes.



OUR COACHES

- Are National Board Certified Health and Wellness Coaches (NBC-HWC) or International Coach Federation (ICF) certified.
- Provide 30-minute coaching sessions face-to-face or over the phone.
- Sessions are a complimentary benefit as a Spira Care member.
- Health Coaches work with your entire Care Team to ensure you have the support you need to be successful.



MEET WITH A HEALTH COACH

- Once you have established care with a Spira Care provider, you can easily schedule an appointment with a health coach by:
 - Scheduling at the Care Center
 - Requesting an appointment in the Patient Portal (MySpiraCare.com)
 - Calling 913-29-SPIRA (77472)



SPIRA
CARE™

MEET YOUR HEALTH COACHES AT
SPIRACARE.COM

SPIRA  **CARE™**

HEALTH COACHING



NEW RESOURCES
FOR A NEW KIND
OF HEALTHCARE

BENEFITS OF HEALTH COACHING

A health coach will help you move closer to your wellness vision by co-creating a personalized and strategic action plan.

You can expect your health coach to:

- Listen with curiosity and empathy
- Ask powerful questions
- Hold you accountable to your commitments

MAKING PERMANENT AND POSITIVE CHANGES IS THE KEY TO LIVING A HEALTHY, WELL-BALANCED LIFE NOW AND FOR THE REST OF YOUR LIFE.



WHY HEALTH COACHING



HEALTHY EATING

Eating healthy requires planning. It can be a struggle to find time to prepare a meal or to decipher food labels. And if you find workplace snacks too tempting, packing your own snack takes creativity. A coach can get you started and motivated.



WEIGHT MANAGEMENT

Have you ever lost weight only to find the weight creeping back on months later? A coach will work with you on behaviors that allow you to stick with a program.



FATIGUE MANAGEMENT

The National Sleep Foundation estimates that most people get fewer than 8 hours of sleep per night during the week. Do you need more sleep? Is a lack of energy affecting you at work? A coach can help you identify what's keeping you up and ways to settle you down. You'll feel more energized, productive and able to handle stress.



TOBACCO

Are you thinking about, or actively trying to stop using tobacco products? It's difficult to do it alone. A coach will provide guidance and help you identify what tools you need to quit.



STRESS/RESILIENCE

Feeling overwhelmed with life's responsibilities? Are your coping strategies for stress no longer working for you? A coach can help you discover new techniques to help you cope with your stress.



SELF-CARE

Have you had time to participate in any of your hobbies lately? Do you get time to yourself to do things that you love and have passion for? Self-replenishment is a key component in personal health and well-being. A coach will help you schedule the 'me' time you need.



PHYSICAL ACTIVITY

Are you getting enough physical activity? The Center for Disease Control and Prevention recommends that each adult get on average 150 minutes of exercise per week. A coach can help you set attainable exercise goals to get you where you want to be.



TIME MANAGEMENT

Wish you could add more hours to your day? Feel like you're always falling short on getting everything done? While a coach can't gift you more time, they can help you determine your priorities so that you begin making movement in the areas that mean the most to you.



CONDITION MANAGEMENT

Struggling to make lifestyle changes to improve your diabetes, cholesterol or other health condition? As a member of your integrated Spira Care team, a health coach will act as your ally to help you build confidence and self-awareness, encouraging you to become your own health advocate and supporting you in developing the skills to sustain new behaviors.

