



# GET THE FACTS ABOUT YOUR HEALTH COACH.

**Q: What does a Health Coach do?**

A: Through one-on-one sessions, Health Coaches guide and support you as you move toward achieving your health and wellness goals. Working together, you and your coach can create a realistic plan to help you reach your goals.

**Q: What topics can we discuss?**

A: You can talk about almost anything involving your health. For example:

- Achieving healthy eating habits
- nutrition plans
- Goal setting for a healthier tomorrow
- Tobacco cessation

**Q: Is Health Coaching confidential?**

A: Your Personal Health Information (PHI) is protected by the Health Insurance Portability and Accountability Act (HIPAA) and the Health Coach “Code of Conduct.” Your managers and coworkers cannot access your PHI.

**Q: Why do we have a Health Coach?**

A: We believe that, no matter where you are on your health journey, you shouldn’t have to go it alone. That’s why our Health Coaches are committed to helping you grow stronger, happier and healthier every day.

## Meet Jennifer Ainsworth, MS, RDN, LDN



### To schedule a coaching session:

Call: 321.637.5450 or text: 321.978.1018

Email: [Jennifer.Ainsworth@Evernorth.com](mailto:Jennifer.Ainsworth@Evernorth.com)

Hours and Location:

Mon-Fri: 8:00am - 4:30pm

Viera and Titusville Government Centers or Virtually!

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