



Get Started with a

**HEALTH
COACH**

Scan the
QR Code to
schedule an
appoint now.



<https://wellness-coaching.as.me/QuarterlyHealthCoaching>

30-minute appointments available:

Tuesday, May 10
9a.m. – noon
1p.m. - 4p.m.

Wednesday, May 11
Noon – 4p.m.

City of Albuquerque employees have access to free health coaching through The Solutions Group! Health & Wellness coaches work with employees one-on-one in a client centered process to facilitate and empower participants to develop and achieve their self-determined health and wellness goals.

Your Health Coach will help you to:

- Set appropriate goals
- Create an action plan
- Identify personal motivation
- Establish coping skills and a reliable support system

Questions? Email betterhealth.coach@phs.org



BetterHealth
CITY OF ALBUQUERQUE
Better you.

raChelle Karman
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Insurance and Benefits Division
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