

Northwest Permanente Wellness Passport Guidelines

January - March 2019

Physical: Consult a Health Coach

Consult with a free health coach

If you're feeling a little stuck in your habits, consult with a free health coach. You can get support and information in a brief chat with a coach as you discuss your health goals, the process of change, and your options for next steps.

You can talk over the phone or set up a video appointment by calling 503-286-6816 or 1-866-301-3866 (toll free), option 2.

Free health coaches are available to all Kaiser Permanente Northwest members. It is available Monday through Friday, in English and Spanish.

To complete this activity, consult with a health coach. After your consultation, write a short review on the effectiveness of your discussion and if you would recommend the health coaches to other colleagues. Email your review to: nwpwellness@kp.org

Please submit all documentation to NWP Wellness, KPB 16
or e-mail: nwpwellness@kp.org