



Because You Matter

Coos County Family Health Services would like to invite you to participate in a program for meeting your self-managed goals. The health coaching program is designed for patients with Diabetes.

Typically when patients make an appointment with their primary care provider, they are ill or have specific problems to talk about. Discussions about how to manage your diabetes may be difficult to fit into these short visits. The purpose of the program is improved health. Together, we will discuss ways you can maintain or improve your health by developing self-management goals.

The goals of the program are to:

- Help you set wellness goals that you are interested in.
- Provide you with resources and a health coach, to help you reach and maintain your goals.

Health coaching will be over the phone, at a time that is convenient, and at no cost to you.

Each of us can take steps, even small ones, to improve our overall well-being. We hope you will join us by participating in this worthwhile program!

If you are interested, please call the Medical Home at 603-342-0246. Leave a message with your contact information, and we will return your call as soon as possible.