### VEBA Health Coaching

#### 1. Check Your Conditions.
Check all that apply.
- Borderline Hypertension
- Borderline Diabetes
- Diabetes
- Chronic Weight Loss/Gain
- High Blood Pressure
- Muscular/Skeletal
- High Cholesterol
- Chronic Disease
- Stress
- Emotional Eating
- Lack of Activity
- Hopeless Feelings
- Guilt Feelings
- Loneliness Feelings
- Sleep Problems

#### 2. Call A Health Coach.
If you check a condition.
- **Call:** 619-466-4386
- **Email:** healthcoach@vebaonline.com

After you contact us, your VEBA Health Coach will call you back within 72 hours to start your coaching!

It’s easy.
1. Talk to a Health Coach
2. Take a mini Health Quiz
3. Set overall goals
4. Set weekly goals
   - Health Coach sends you tips to achieve your goals
   - Tell Health Coach your challenges and successes

#### 4. See Success!
Achieve your goals.
- Reduce Health Risks
- Lower Blood Pressure
- Lower Cholesterol
- Manage Weight
- Overcome Pain
- Reduce Stress
- Eat Consciously
- Increase Activity
- Become Stronger