

Meet our Health and Wellness Coach

Heather Farris,
CIEC, ACE-Certified



Heather has a background in nutrition as an Intuitive Eating Counselor and is an ACE-certified Health Coach. She is a native of Colorado, loves spending time with her two very active boys and husband, and enjoys all things Colorado has to offer. Heather enjoys helping others create the best version of themselves by using a compassionate, personalized, no-nonsense approach. She wants to honor each patient where they are at in their journey, and is looking forward to meeting each and every person.

Resources

Want a healthier recipe? **Heather's Virtual Recipe Box is now available.** Email or call Heather to request access today!



Questions for Your Provider

- ✓ What can I expect from Health and Wellness Coaching?
- ✓ How is Health and Wellness Coaching at WMC different than other programs I've tried? How will Coaching help me?
- ✓ Have others at the practice had a good experience?
- ✓ _____
- ✓ _____



HEALTH & WELLNESS



Have you considered Health and Wellness Coaching? WMC wants to support you at every stage of your health and wellness journey. We are here to help you set meaningful goals and support you along the way.

Talk to your medical provider today to get more information on this health topic.

* 303-428-7449 *
www.westminstermedicalclinic.com

What is Health and Wellness Coaching?

Health and Wellness Coaching is a way to work with a trained Health Coach to identify and work towards your personal goals. We can go at your pace, and start where you are at. A Health and Wellness Coach can listen, talk about ideas, share health information and helpful tools to become the version of you that you want - healthier and more well. A session will include goal setting, learning new skills, or how to stick with it through obstacles that come up. Also, at WMC, Health and Wellness Coaching is “integrated”, meaning your medical Provider and Health Coach work together to support you best.

How can a Health and Wellness Coach help?

If you are just looking to get started, make a change, or looking for a Health and Wellness program, we can help with:

- Weight loss
- Diabetes management
- Lowering cholesterol
- Lowering blood pressure
- Asthma management
- Stress or anxiety management
- COVID-19 nutrition recovery
- Social connections with self and others

And so much more!

- Meal planning
- Grocery store online ordering
- Family Planning nutrition
- Body composition assessment
- MedGem metabolic assessment

Costs

Are you ready to invest in you? We are! We have several options to choose from to fit your needs. Health and Wellness Coaching is a series of one-on-one visits with our Health Coach.

The visits are not billed to insurance. These visits can be in person, telehealth, and even outdoors!

- Meet and Greet - **FREE!**
- Single Session - \$59 / 1 hour
- 4-Pack - \$200 / 4 sessions (*saves \$9/session!*)
- HeartMath Session - \$30 / 30-min
- HeartMath Device - \$135-\$162
- Ongoing Support - \$25 / 10-min

Need Ongoing Support or Accountability?

Health and Wellness Coaching at WMC can help by calling or emailing you on a schedule that fits what you need. Usually, this means a Heather will call you every-other-week to check in and support you along the way. WMC is by your side.

HeartMath

HeartMath is an evidence-based way to help with stress, anxiety, and depression. There is a personal monitoring device that scientifically shows biologically what is happening in your body. When working with the Health and Wellness Coach, you will learn about your emotional and physical health, how to use the device, and learn techniques of what to do with the information to improve your health - emotionally, mentally, and physically!

COVID-19 Recovery & Healing

We are still learning about what happens after you are infected with COVID-19 and how long specific symptoms can affect your everyday life. Some of the most common symptoms that people experience after COVID-19 infection can include digestive problems and much more. **If the symptoms last for more than 4-12 weeks after COVID infection, schedule a visit to talk with your Provider. Your Provider may recommend the following in recovery and healing (plans may vary based on what you and your Provider decide):**

- Improved nutrition, Anti-Inflammatory Diet,
- Relaxation Techniques,
- Improved Sleep,
- Social Connection, and
- Evaluation with Cardiology, Pulmonology, or Neurology, and Behavioral-Mental Health.

Improve daily functioning, health, and wellbeing since COVID infection - physically, psychologically, socially, and spiritually with WMC.



Photo Source: <https://www.yashoda.hospitals.com/>

Wondering if Health and Wellness Coaching is a Good Option for You?

Call 303-428-7449 to set up a free 30-minute consult with Heather today!

or

Email Heather at:

heather@westminstermedicalclinic.com
to ask any questions and learn more!

