

Meet our Health & 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 supporting you throughout your journey to health!

Recipe Resources

Fresh, new meal ideas are hard to find! Contact me to receive quick, easy recipes, available now!



Questions for Your Provider

- What can I expect?
- How is Health Coaching different from other programs I've tried?
- How will Health Coaching help me?

Additional Questions?
Write below.



HEALTH COACHING

We know you've tried.

**Talk with your Provider to
learn more.**

303-428-7449

www.westminstermedicalclinic.com

What Is Health Coaching?

Health and Wellness Coaching is a way to work with a trained person 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 Coaching is “integrated”, meaning your medical Provider and Health Coach work together to support you best.

What Can Coaching Help Me With?

Health and Wellness Coaching can help with:

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



And so much more!

- Meal planning
- Grocery store online ordering
- Visiting the gym together
- Family Planning nutrition
- Body composition assessment
- Metabolic assessment

Cost

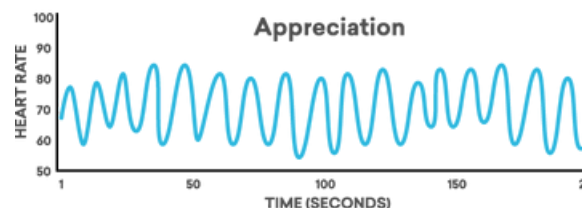
Health Coaching is billed to insurance in most cases. **Copays, deductibles, and co-insurance apply.** The fees below are equal to the charges to insurance. *Many insurance plans will cover about half of the costs listed below and you will be responsible for half.*

- \$16 / session (no chronic conditions)
- \$16 / session (1 chronic condition)
- \$50 / session (2 chronic conditions)
- \$110 / session (2 chronic conditions & a Medicare beneficiary)

The initial visits in Health Coaching are 60 minutes and then 30-40 minute sessions thereafter. These visits can be in person, telehealth, and even outdoors!

HeartMath

HeartMath is an evidence-based way to help with stress, anxiety, and depression. When working with a Health Coach, you will learn about your emotional and physical health, and learn techniques of what to do with a feeling when the feeling can be seen on a monitor. *Session costs listed above!*



What Do Patients Say?

Generally, patients spend 3 months up to 24 months in Health Coaching because they are really happy or find the time spent helpful.



I was overwhelmed, but she helped me go through it, one step at a time.



I am very appreciative of the positive changes. I'm more balanced.



"Your future quote here"

Questions? Unsure if Health Coaching is Right for You?

Call 303-428-7449 or

Email Heather at:

heather@westminstermedicalclinic.com