

Spring 2016

Health Coaching Pre-Work Form

Congratulations on completing Step 1 of the Be Well UC wellness program. You now have a lot of information available to you through your Personal Risk Report that we would love to help you to better understand. Prior to your health coaching session, please either print your Personal Risk Report or fill in your biometric results from the portal (www.assethealth.com/bewelluc) as your coach does not have access to this information.

	BMI (Body Mass Index)	Glucose	Blood Pressure	Cholesterol	HDL (High Density Lipoprotein)	Cholesterol Ratio
2015 Results						
Optional: You'd like to improve-Y/N?						

The below set of prompts will help you prepare for your coaching session and help you make the most of your time with the health coach.

What do you hope to accomplish/talk about at your health coaching session?

What is a short-term goal you'd like to reach in the next 12 weeks?

What is one long-term goal you have that could make a big difference on your health and well-being for 2016?

What barriers or obstacles might you have in the way of you achieving the above goal? (Select any and all that apply)

☐ Food/Diet ☐ Exercise/Movement ☐ Time ☐ Family Obligations ☐ Money ☐ Stress ☐ Motivation ☐ Health Issue

Other (describe):

What are you doing right now to help you reach the above goal?

What other questions do you have for the health coach?



Questions?

Please contact
wellness@uc.edu

uc.edu/hr/bewelluc