

Health Center

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\$0 Health Coaching at Debevoise

Health Coaching is a partnership between you and your provider, focusing on positive health behavior change. These regular sessions—**available at no cost for Debevoise Partners and Employees**—will help you self-manage your health, address risks, and handle acute or chronic conditions, all aimed at optimizing your wellness.

>>> Curious to learn more? Here are some helpful Q&As:

What is Health Coaching?

Health coaching is a personalized and collaborative approach to help you achieve wellness goals through ongoing appointments, where you and your provider address lifestyle habits such as sleep, stress, nutrition, and exercise. Together, you and your provider develop clinical strategies and a personalized care plan to meet your wellness goals such as weight loss, chronic condition management, smoking cessation, and more.

How long is each health coaching visit, and how frequently will we meet?

Available both virtually and in person, the first visit is an introductory consultation lasting between 20 to 40 minutes. The next 2–4 check-in visits will each last for 20 minutes. Visit duration and frequency may vary based on your needs.

Do I need to complete any paperwork before my first health coaching visit?

No. During your initial visit, you will complete a patient questionnaire which will enable your provider to work with you to create your personalized care plan.

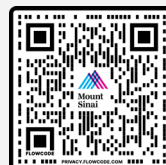
Do I need to have an annual wellness exam before I start health coaching?

No. If your provider feels that a physical exam or lab work is necessary for your care plan before you begin health coaching, they will let you know.

Schedule a Health Coaching Visit

To book a health coaching visit, call **646-362-6886**, email debevoisehcsupport@mountsinai.org or stop by the Health Center on the **41st floor**.

Appointments may also be self-scheduled through *Health Center by Mount Sinai* app, which you can download by scanning the QR code below. **When scheduling, please specify 'Health Coaching' as the reason for your visit.**



Scan to download the *Health Center by Mount Sinai* app, available on both the App Store and Google Play.