

Health Goal Coaching

Primary Health Care

www.HealthyNS.ca

Meet with a health care provider 1 on 1 (your health goal coach) to fine tune the health goals that you are working on.

Step 1

Complete "Ideas into Action"

Register for a live zoom session www.healthyns.ca scroll down to "Register online"

OR

Complete a self-directed module www.healthyns.ca scroll down to "Self-directed module"

Step 2

Meet with a Health Goal Coach (Appointment 1)

- Discuss the goal you are working on
- Work together to problem solve

Step 3

Complete "Keeping it Going with Your Health Goals"

Register for a live zoom session www.healthyns.ca scroll down to "Register online"

OR

Complete a self-directed module www.healthyns.ca scroll down to "Self-directed module"

Step 4

Meet with a Health Goal Coach (Appointment 2)

- Discuss the goal you are working on
- Work together to problem solve

Call (toll free)
1-855-444-5557
to book an appointment

