

HealthyNS



Health Goal Coaching

What is it?

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or feeling unsure about where to begin? You're not alone! A Health Goal Coach can support you with your goals and staying on track!

How does it work?

Meet one-on-one with a Health Goal Coach, and together, you can work on turning your ideas into a plan that you can follow.

Who is Eligible?

This service is available to all Nova Scotians over age 18 with a Nova Scotia Health card, including those living with chronic conditions.

Where: By zoom or phone

Cost: Free!

How to access: To book an appointment online, [click here](#) or go to **HealthyNS.ca** .

To book by phone, call **1-855-444-5557** (toll free)



Questions? Email us at:
healthyns@nshealth.ca

