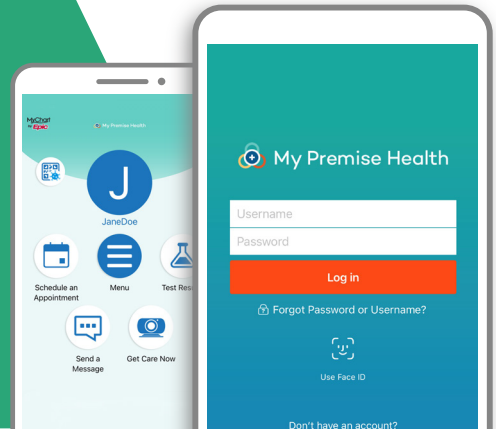


Wellness Coaching at Premise Health

Certified • Knowledgeable
Non-judgmental • Supportive



At Premise Health, our certified wellness coaches guide work alongside patients to create a path that leads to better health. Our coaching model is designed to focus on strengths and support each person's unique wellness journey.



"I want to share about my wellness coach from Premise Health who has helped me so much this past year..."

Connect with a wellness coach to:

- Improve nutrition
- Manage stress
- Address sleep issues
- Increase physical activity
- Manage health concerns
- Explore time management
- Quit tobacco



"...I signed up for the Healthy Eating program last year and through her guidance, I have not only made a lifestyle food change, but I also experienced a significant weight loss when I added exercise with my plan..."

Premise Health's research based coaching methods:

- Are proven to help improve health outcomes.
- Are delivered by healthcare professionals with nationally recognized coaching certifications.



"...My bloodwork improved dramatically from last year. Her patience and encouragement are immeasurable, and I cannot thank her enough for her help."
- Premise Health Patient, FL

Take the next step, and get started on your wellness journey with a certified wellness coach today!
Appointments are available Monday - Friday.

Schedule anywhere.

Online at mypremisehealth.com or use the My Premise Health app.



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