

A healthier you is within reach.



If you're feeling drained and having trouble prioritizing your health, you're not alone. It can be hard to stay on track, but the good news is that you don't have to do it all on your own.

Our certified wellness coaches are available to help you figure out what's getting in the way of you feeling your best. They can help motivate you to make positive lifestyle changes and reach your health goals.

All coaching sessions are completely confidential. They can take place in-person at Scioto Advantage or virtually, via phone or video.



Schedule an appointment to get started.

My Premise Health app

mypremisehealth.com

Work with a wellness coach who can help you:

- **Manage your weight** and come up with a clear action plan to start seeing results
- **Eat well** and make sure you're getting the proper nutrition to fuel your body and mind
- **Get more physical activity** by helping you come up with a fitness plan to meet your unique needs
- **Manage your stress** by determining what's causing it and empowering you to make changes to reduce it
- **Improve your sleep** by helping you create a practical plan to improve sleep habits
- **Quit smoking** by putting together a personalized plan and guiding you toward alternative healthy behaviors to kick the habit for good
- **Improve your work/life balance** by helping you set boundaries and prioritize self-care
- **Increase life satisfaction** by working with you to set short and long-term goals to get you on track to feeling more fulfilled

Scioto Advantage (New Boston)

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Scioto Advantage (Paint Valley)

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