



eCoaching

What is eCoaching? It's all about YOU!

eCoaching is a health coaching program, geared towards helping you bridge the gap between knowledge and action towards healthy lifestyle behaviors. The eCoaching philosophy encourages small changes designed to help you create sustainable behavior change to meet your health goals. Whether it is weight loss, support in diseases such as diabetes or hypertension, tobacco cessation, or even needing support in an overall healthy lifestyle, an eCoach provides personalized one-on-one support and accountability along your wellness journey.

eCoaching is free, flexible, and tailored to fit your schedule and needs. Communication with your coach is simple and easy using email, texting, or virtual visits.

Talk to your health care provider today about joining eCoaching.

eCoaching Programs



**Weight (Waist)
Loss Diabetes**



**Weight
(Waist) Loss**



**Tobacco
Cessation**



Menopause



**Healthy
Pregnancy**



**Healthy
Lifestyles**



**Hypertension
(High Blood Pressure)**



StressFreeNow



**Sleep Well
Stress Less**



Benefits of Partnering with an eCoach:




- e** – Emails are personalized, motivational, and encouraging.
- C** – Coaches respond to your emails, offering guidance towards your health goals.
- O** – On your time, when it fits your schedule, email when and where it is convenient for you.
- A** – Accountability in meeting your health goals has never been easier.
- C** – Commitment in the program is to send brief email updates of your progress each week.
- H** – Healthy lifestyle behaviors take practice. Your coach will be there every step of the way!

“My coach came into my life when I was stressed and depressed. Besides losing the weight, I’m feeling positive about life. My coach made me realize that I need to take good care of myself.”

Contact Us: ecoaching@ccf.org 216-448-8880

Learn More: ecoaching.clevelandclinicwellness.com

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