Your TLC Options:

- *Be Tobacco Free*
- *Eat Wisely*
- *Be Physically Active*
- *Strive for a Healthy Weight*
- *Limit Alcohol*
- *Manage Stress*

Contact your health care team to learn more about TLC

1-855-MyVATLC
(1-855-698-2852)

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

Telephone Lifestyle Coaching (TLC) is a telephone-based service to help you work on your health goals. In TLC, you will:

- *Learn how to live a healthy lifestyle*
- *Work with a Coach on goals that you choose*
- *Choose one or more of these healthy living goals:*
  - *Be Tobacco Free*
  - *Eat Wisely*
  - *Be Physically Active*
  - *Strive for a Healthy Weight*
  - *Limit Alcohol*
  - *Manage Stress*

Your Coach will communicate with your health care team as needed during your participation in TLC.

As an active participant, you agree to:

- *Complete the workbook activities suggested by your Coach*
- *Be available for coaching calls at the times agreed upon with your Coach*
- *Perform self-care tasks like weighing yourself and tracking your food, drink, and physical activity*
- *Continue to self-manage your health after you have finished the program*

As your partner, your Coach agrees to:

- *Work with you to establish appropriate health goals*
- *Offer strategies and ideas to help you reach your goals*
- *Assist you in answering questions (may require contact with clinical team)*
- *Give guidance and encouragement as you progress*

Your primary care/PACT team agrees to:

- *Provide you with an overview of TLC, answer your questions, and address your concerns*
- *Generate a consult for TLC services*
- *Address any requests for support from your TLC Coach on your behalf*

Ask your health care provider about TLC.

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TLC
Telephone Lifestyle Coaching for Healthy Living