

Sample Hold Messages For Telephone Lifestyle Coaching (TLC)

Telephone hold messages are an important way to communicate to Veterans the value of Telephone Lifestyle Coaching (TLC). Below are examples of telephone hold message for TLC. Feel free to modify these messages in accordance with clinical guidelines to meet your facilities requirements.

General – Strive for a Healthy Weight/Eat Wisely

Veterans, say “hello” to Telephone Lifestyle Coaching or TLC. Telephone Lifestyle Coaching is a new and easy way to help you meet your weight or nutrition goals, without driving to the medical center. TLC coaches call you on your phone and coach, encourage and help you meet your health goals. Ask your health care provider if Telephone Lifestyle Coaching is right for you.

General – Be Tobacco Free, Be Physically Active, Strive for a Healthy Weight

Veterans, a healthier life is calling you. Telephone Lifestyle Coaching, or TLC, is a convenient way for you to improve your health. Want to quit smoking, be physically active, and manage your weight? Telephone Lifestyle Coaching may be just what you are looking for. TLC coaches call you on your phone and coach, encourage and support you as you work toward your goals. Ask your health care provider if Telephone Lifestyle Coaching is right for you.

General – Be Tobacco Free, Manage Stress, Be Physically Active

Save time and gas money with Telephone Lifestyle Coaching or TLC, the (**insert facility name**)’s new and easy way to help you live the life you want. If you want to quit smoking, manage stress, or be more physically active, and coming to the medical center is difficult for you, TLC may be just what you are looking for. Our Telephone Lifestyle Coaches call you, when you want and help you with the lifestyle goals you set.

General – Eat Wisely, Limit Alcohol

You ***can*** meet your healthy lifestyle goals with Telephone Lifestyle Coaching or TLC. Need some encouragement with a health behavior change? Want to eat wisely or limit your alcohol but need some support? Telephone Lifestyle Coaching may be just what you are looking for. With TLC, our coaches call you on the phone when you want, at work, home or play, and help you reach the goals you set. Telephone Lifestyle Coaches are knowledgeable health professionals who will coach you to the lifestyle you want. Ask your health care provider if Telephone Lifestyle Coaching is right for you.