What's in it for you?

- Telephone coaching when and where you want it
- Experienced, knowledgeable health coaches
- An action plan tailored to your goals
- Help staying on track with your plan

To learn more about TLC, contact your health care team or visit **www.prevention.va.gov/TLC**

For a referral to the TLC program, talk to your health care team.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.
The information provided through the program is for informational purposes only. The coaching team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law.

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Health Promotion and Disease Prevention

Telephone Lifestyle Coaching

Take charge of your health and well-being with TLC.

Telephone Lifestyle Coaching

Work with a TLC coach for a healthier lifestyle and a healthier you

With Telephone Lifestyle Coaching (TLC), you can connect, one-on-one, with a coach who will explore what matters to you and help you work toward your goals for healthy living. It's a great way to take charge of your health.

Your health, your choice. What would you like to work on?

Your TLC coach helps you make a plan to learn new habits and make smart choices to improve your well-being.

Choose one or more of these healthy living goals:

- **Eat wisely.** Whether your diet needs a tweak or an overhaul, we'll help you choose a plan.
- **Be physically active.** Walk, run, dance or play. Make a plan to move more today!
- **Strive for a healthy weight.** Find out how you can reach a healthier weight.
- **Limit alcohol.** You can do it—we can help.
- **Manage stress.** Improve your overall well-being.

Here's how TLC works:

- Discuss the TLC program with your health care team and ask for a referral.
- Receive a call from a TLC coach to enroll.
- Set your goals, make a plan and work with your coach over a series of calls to help you stay on track.
- Your coach is available as needed at 1-833-MYVATLC(1-833-698-2852)

Turn your good intentions into healthy successes. Talk to your health care team about TLC today.

Telephone Lifestyle Coaching

Questions? Contact your health care team or visit **www.prevention.va.gov/TLC**

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