

Helpful Resources for You and Your Health Coach

Aging & Disability Resource Center
of Winnebago County

www.co.winnebago.wi.us/adrc

877-886-2372

Winnebago County Health Department

www.winnebagopublichealth.org

Search our website for: Care Transitions

800-250-3110



*Trouble understanding the
healthcare system?*

*Feel overwhelmed at
appointments?*



You may benefit from a....

Health Coach

What is a Health Coach?

Someone to help you...

- ◆ Schedule appointments
- ◆ Arrange transportation
- ◆ Be a second set of ears at your healthcare appointments
- ◆ Ask questions about your care
- ◆ With your medications
- ◆ Understand your healthcare instructions

A Health Coach is there to help guide you. You are in control and make your own decisions.



Who can be your Health Coach?

A family member, friend, neighbor, or caregiver.

Do you have a Health Coach?

Invite them to come to your medical appointments.
Check out the resources on the back of this brochure.

Need help finding a Health Coach?

Just call **877-866-2372**.

The Aging and Disability Resource Center of
Winnebago County (ADRC) can help you.

This service is **FREE** and simple.