

National University Heart Centre, Singapore (NUHCS)

NUHCS Heart Clinic @ National University Hospital (NUH)

NUH Main Building Zone F

5 Lower Kent Ridge Road, S(119074)

Opening Hours: 8.00 am - 5.30 pm (Monday - Friday)

Closed on Weekends & Public Holidays

OneNUHS Hotline: (65) 6908 2222

OneNUHS Appointments: appointment@nuhs.edu.sg

OneNUHS General Enquiries: contactus@nuhs.edu.sg

www.nuhcs.com.sg



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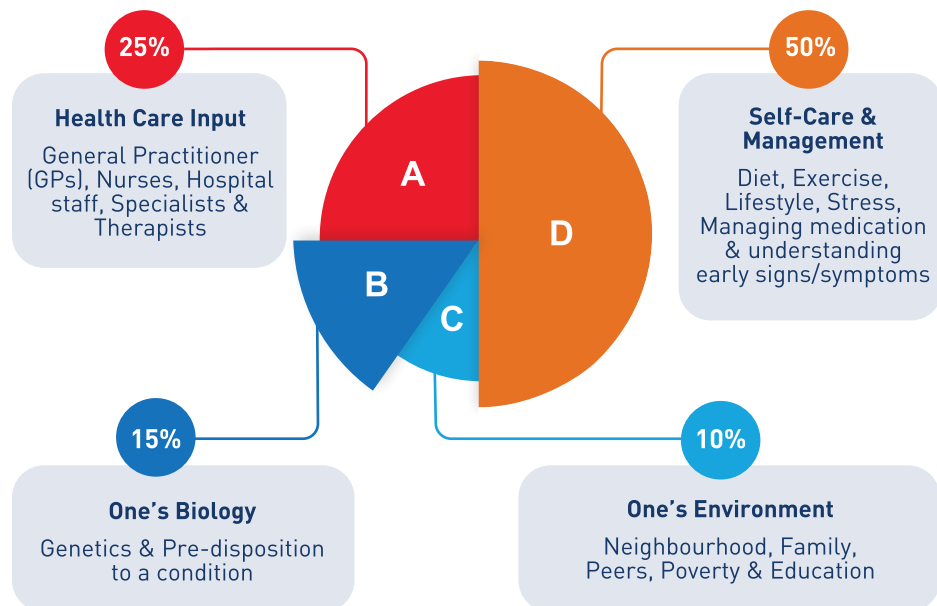
Health Coaching

What is Health coaching?

Health Coaching is a personalised care approach in healthcare. The health coach acts as a partner in your health improvement process. By using a series of thoughtful conversations, and deep listening, health coaches motivate you to set your own customised nutrition and lifestyle goals to bring better health outcomes.



There are various factors that can contribute to a person's overall health. One's self-care and management play the biggest role in affecting the outcome of your health. Health coaches motivate people, and provide them with the confidence and capability to enact positive changes in their lives.



How will health coaching benefit you?

- ♥ Helps you to become more confident, gain more knowledge, and become better at taking care of yourself.
- ♥ Helps lower your chances of getting avoidable diseases through gradual changes in your lifestyle.
- ♥ Helps you develop and sustain healthy habits.
- ♥ Helps motivate you to achieve your personalised health goals.
- ♥ Health coaches play a critical role as a contact between doctors and patients.

Aspects of the programme:



Motivational interviewing techniques



Regular check-ins on progress



Holistic health assessment



Setting a wellness vision and goal



Setting a timeline to achieve realistic goal

How to join the programme?



Your wellbeing depends on YOU!

Please consult your doctor or case manager for a referral to this programme.

For enquiries please contact:

Monday – Friday: 9am – 5pm

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