

Health Coaching

Counseling and Mental Health Center and RecSports offer various health coaching services tailored to UT students. Find additional information below and refer to the chart for a visual comparison of the similarities and differences between these services.

What is health coaching?

Health coaching is a personalized approach that helps you set and achieve health goals, provides support and accountability, and empowers you to make lasting changes in your well-being through behavioral changes and education. It complements traditional healthcare by focusing on tailored lifestyle improvements.

Who would benefit from health coaching and what are the benefits?

Health coaching is beneficial for anyone looking to develop achievable health goals and monitor changes, manage chronic conditions, improve fitness, nutrition/healthy eating, or overall well-being, and maintain a healthier lifestyle. It's especially useful for those seeking motivation to make health-behavior changes and accountability.

Health Coaching at Counseling and Mental Health Center

CMHC has teamed up with a third-party service called TimelyCare to offer health coaching to students. The goal of these health coaches is to empower you to cultivate intrinsic motivation and acquire the skills necessary to bring about lasting improvements in your health and overall well-being.

Eligibility: Currently enrolled UT students.

Modality: Virtual only. Telephone and video visit options available. Platform is also accessible via desktop and app.

Cost: Free.

Number of Visits: Unlimited.

Access: Visit [timelycare.com/utexas](https://www.timelycare.com/utexas) to begin.

Here's what you can expect from TimelyCare health coaches:

- **Student-Centric Approach:** Health coaches facilitate a process centered around you, helping you develop and achieve self-determined health and well-being goals.
- **Evidence-Based Strategies:** They utilize evidence-based techniques to uncover your personal motivations for initiating behavioral change and harness your unique strengths to maintain it.
- **Resourceful Support:** Health coaches provide access to evidence-based resources that guide you in taking action towards your goals and removing potential barriers.
- **Non-Biased, Non-Judgmental Guidance:** Throughout your journey, they maintain a non-biased and non-judgmental stance, ensuring that the approach remains focused on you and your aspirations.

What are some common health coaching topics?

Health coaching covers a wide array of topics that can help individuals achieve holistic well-being. Here are some additional common health coaching topics:

- Nutrition/healthy eating
- Exercise/movement
- Sleep improvement
- Stress management
- Time management

It is important to note that health coaching itself does not provide or include the following:

- Counseling, therapy, or consulting
- Nutrition prescription and meal planning
- Exercise/movement prescription
- Laboratory evaluation and assessment
- Diagnosis of medical or mental health ailments

During your health coaching visits, you can expect the following:

- **Getting Acquainted:** We'll start by getting to know you and building a positive rapport. You'll have the opportunity to share your reasons for the visit.
- **Topic Identification:** Together, we'll identify the specific topic or area that you'd like to focus on and improve.
- **Goal Setting:** We'll work on setting clear and achievable goals tailored to your needs and aspirations.
- **Overcoming Barriers:** We'll pinpoint any potential obstacles that could hinder your progress and develop effective strategies to overcome them.
- **Discovering Support:** We'll explore both on and off-campus resources and support systems that can assist you on your journey.
- **Follow-Up Plan:** A follow-up plan will be established for future health coaching visits. During these follow-up sessions, we'll monitor your progress, review strategies, and make any necessary adaptations to ensure you're on the right track.

Health Coaching at RecSports

What to Expect:

- Once you register for the health coaching package that best fits your needs, RecSports will pair you with a certified health coach to support you in the goal-setting and goal-execution process.
- Throughout your coaching sessions, your health coach will guide you through the eight dimensions of wellness with an emphasis on those that best align with your goals.
- Your health coach will work with you to develop achievable and measurable goals, monitor success, and work toward greater self-accountability.

Eligibility: Currently enrolled UT students.

Modality: 50-minute in-person sessions.

Cost: Packages range from \$50-\$300 based on the number of sessions; all packages include a one-hour initial consultation meeting.

Number of Visits: Students may register for as many sessions as they need.

Access: Visit utrecsports.org/healthcoaching to learn more.

Comparison Chart: CMHC Health Coaching (TimelyCare) vs. RecSports Health Coaching

| ASPECT | CMHC Health Coaching (TimelyCare) | RecSports Health Coaching |
|-----------------------|---|---|
| PROVIDER | Certified TimelyCare providers | Certified RecSports Health Coaches |
| APPROACH | Tailored to self-determined goals | Support the development of strategies to meet self-identified goals |
| FOCUS | Behavioral changes, education | Goal-setting and self-accountability |
| SERVICES OFFERED | Focus on wellness without therapeutic counseling, or specific prescriptions. Topics of focus include: nutrition/healthy eating, exercise/movement, stress management, weight management, sleep improvement, time management | Focus on wellness without therapeutic counseling, or specific prescriptions. Topics of focus include: nutrition/healthy eating, exercise/movement, stress management, weight management, sleep improvement, time management |
| SUPPORTIVE TECHNIQUES | Evidence-based strategies | Motivational interviewing and other evidence-based strategies |
| VISIT MODALITY | Virtual (telephone, video) | In-person (50-minute sessions) |
| ELIGIBILITY | Currently enrolled UT students | Currently enrolled UT students |
| COST | Free | \$50-\$300 based on number of sessions |
| ACCESS | timelycare.com/utexas | utrecsports.org/healthcoaching |
| NUMBER OF VISITS | Unlimited | Determined by participant needs |