

PUT YOUR PLAN INTO ACTION.

Partner with a **registered dietitian** to **achieve and maintain** your health goals.

“ My coach genuinely seemed to care about my health and helped me create realistic goals. ”



“ My coach helped me break down my plan to focus on areas where I routinely made poor choices. ”

Go to mybostonheart.com to log in or register, then go to the My Coach tab.



Boston Heart health coaches partner with you to incorporate healthy changes into your daily routine.



Our health coaches provide education and support to help you stay on track with your health goals.



You can connect with our health coaches through a secure portal to improve your progress at www.mybostonheart.com. **20-minute coaching sessions are less than \$20 each.**



ONE 20-MINUTE SESSION

\$19.99



Have some questions about how coaching works? Get to know your coach and understand how your plan can help you get healthier.



ONE 50-MINUTE SESSION

\$39.00



This session provides a detailed review of your plan and will get you started with setting the health goals you want to achieve.



THREE 20-MINUTE SESSIONS

\$54.00



Get on track with your health goals. Your coach will use these sessions to further tailor your plan and help you stick to your goals.



SIX 20-MINUTE SESSIONS

\$105.00



Take full control of your health and find your long term solution. Grow your partnership with your coach to see more improvement in your health.



DIABETES PREVENTION SESSIONS \$33.75/month or \$395/year

If you are at risk for developing type 2 diabetes, this can help you prevent or delay that risk.

BOSTON HEART LIFESTYLE PROGRAM

MEET THE COACHES

Partnering with a health coach can help you finally get the results you want. Our registered dietitians use a patient centered approach to turn your health goals into tailor made plans.



Caroline Hoffman MS, RD, CDE

- Location: New York
- Certified yoga instructor
- Diabetes prevention and management



Kelly Holewa RD, MPH

- Location: Florida
- Certified aerobics and spinning instructor
- Weight management



Qula Madkin MS, RD, LDN, CDE

- Location: Mississippi
- Diabetes prevention and management
- Healthy southern diets



Jennifer Stinson RD, LDN

- Location: Massachusetts
- Motivational interviewing for health behavior change
- Weight management

Go to mybostonheart.com to log in or register, then go to the My Coach tab.

The majority of Boston Heart patients who enroll in the Lifestyle Program and work with a health coach, show greater improvements in their health.^{1,2}

References:

1. Gill R, et al. Cardiovascular Risk Factor Reduction in First Responders Resulting From an Individualized Lifestyle and Blood Test Program: A Randomized Controlled Trial. J Occup Environ Med. 2019 Mar;61(3):183-189
2. Internal Data Analysis.

877.425.1252 bostonheartdiagnostics.com



©2022 Boston Heart Diagnostics Corporation. All rights reserved. The Boston Heart logo is a registered trademark. Boston Heart reserves the right to change this document at any time without notice and disclaims liability for editorial, pictorial or typographical errors.

06171221

bostonheart
diagnostics®