



Your Health Matters!

Every Woman Matters offers

FREE or reduced cost

Healthy Behavior Support Services

Health Coaching Supports to help clients reach their weight, fitness, and nutrition goals. Nebraska also has Quitline tools if you are a smoker and want to quit.



To take part client's MUST:

- Get your heart health screenings (height, weight, blood pressure, bloodwork screening) through the Every Woman Matters Program (EWM)
- Be up to date with your mammogram and Pap Test; and,
- Have at least one risk factor

If you are ready to make a change, the EWM Program will refer you to a Health Coach.

Nebraska Department of Health and Human Services

Women's and Men's Health Programs ~ Every Woman Matters

301 Centennial Mall South, P.O. Box 94817, Lincoln, NE 68509-4817

1-800-532-2227 ~ Fax: (402) 471-0913

E-mail: dhhs.ewm@nebraska.gov

Website: www.dhhs.ne.gov/womenshealth



What is Health Coaching?

Through Health Coaching you *may* take part in the following programs:

Blood Pressure Tracker (\$FREE)

cip-dhhs.ne.gov/redcap/surveys/?s=4LENCNDT84

The Blood Pressure Tracker is an online tool to help track your blood pressure readings. Includes a blood pressure monitor and cuff.

National Diabetes Prevention Program (NDPP) *If available in your area

www.cdc.gov/diabetes/prevention

The program involves 16 in-person sessions that meet weekly for 16 weeks and then monthly thereafter for up to a year. Includes private weigh-in and review of self-monitoring activity record; discussion of various topics in a group setting.



Living Well (\$FREE) *If available in your area

Living well is a 6-session workshop that helps people who have on-going health conditions learn real-life skills for living a full, healthy life.



Nebraska Quitline (\$ FREE)

www.QuitNow.ne.gov

The Nebraska Tobacco Quitline 1-800-QUIT-NOW (784-8669) can help you quit tobacco for good. The toll-free quitline gives Nebraskans 24/7 access to counseling and support services.



Walk & Talk Toolkit (\$ FREE)

dhhs.ne.gov/Documents/HBSS%20Walk%20and%20Talk%20Toolkit.pdf
10 week walking program. Receive a pedometer to track your steps.

- Health coaching is **FREE!** It focuses on nutrition, physical activity, quitting smoking or taking medications as prescribed.
- Health coaching is done in 3 phone sessions scheduled to meet your needs!
- Health Coaches help you set health goals and send you materials and resources to help motivate you.
- Your Health Coach can offer programs based upon your needs. If the programs are not available where you live, they can connect you to other healthy supports.

Talk to your health coach to find out more!