

## Your TLC Options:

- **Be Tobacco Free**
- **Eat Wisely**
- **Be Physically Active**
- **Strive for a Healthy Weight**
- **Limit Alcohol**
- **Manage Stress**

*For more information about the TLC Program contact:*

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**TLC**  
Telephone Lifestyle Coaching  
for Healthy Living

**Telephone Lifestyle Coaching (TLC) is a telephone-based service to help you work on your health goals. In TLC, you will:**

- Learn how to live a healthy lifestyle
- Work with a Coach on goals that you choose
- Choose one or more of these healthy living goals:
  - Be Tobacco Free
  - Eat Wisely
  - Be Physically Active
  - Strive for a Healthy Weight
  - Limit Alcohol
  - Manage Stress

**Your Coach will communicate with your health care team as needed during your participation in TLC.**

**As an active participant, you agree to:**

- Complete the workbook activities suggested by your Coach
- Be available for coaching calls at the times agreed upon with your Coach
- Perform self-care tasks like weighing yourself and tracking your food, drink, and physical activity
- Continue to self-manage your health after you have finished the program

**As your partner, your Coach agrees to:**

- Work with you to establish appropriate health goals
- Offer strategies and ideas to help you reach your goals
- Assist you in answering questions (may require contact with clinical team)
- Give guidance and encouragement as you progress

**Your primary care/PACT team agrees to:**

- Provide you with an overview of TLC, answer your questions, and address your concerns
- Generate a consult for TLC services
- Address any requests for support from your TLC Coach on your behalf



**Ask your health care provider about TLC.**

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