



HEALTH COACHING WITH A HIGHER PURPOSE

Your Complete Guide to Getting Started

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What is the Medi-Share Weight Loss Program?

An engaging 6-month biblically-based solution to weight management!

This unique program takes a whole health approach, going beyond just diet and exercise, and getting down to the roots of why we engage in the behaviors we do and how to build new habits that stick. We use a devotional-style model that bases our motivation and purpose on glorifying God in all our actions.

With your 24-week commitment, you will reap the benefits from all of these key features:

- **Personalized Health Coaching**
- **Devotional Style Modules (Free App or Web browser)**
- **Nutrition and Exercise Plan Selection**
- **Habit Layering Technique**
- **Goal Setting & Accountability**
- **Prayer & Encouragement**

With these proven components, your weight loss success is achievable and sustainable long-term!



What is a Health Coach?

Members share that one of the biggest differences in our program is the one-on-one relationship with their Health Coach. Our Health Coaches specialize in behavior change. Each coaching session is 30 minutes in length and is used to set health goals, create strategies around common barriers, discuss cognitive behavior change strategies, motivation and more! This helps members receive individualized support that can help ensure consistent progress towards their goals and graduation!

Medi-Share Health Coaches are, above all, devoted Christians, firmly rooted and mature in their faith. Our Coaches are each fully certified through **WellCoaches School of Coaching** and are Certified Personal Trainers. Additionally, our Coaches have varying professional backgrounds in nutrition, exercise and psychology. Our team includes:

- Registered Dietitians
- Exercise Physiologists
- Certified Athletic Trainers
- Masters of Public Health
- Masters of Arts in Counseling
- National Board-Certified Health and Wellness Coaching

Imagine the benefits of talking to a certified professional Coach on the telephone every 2-3 weeks as you move through the scheduled learning modules. Your Coach is not only your guide and accountability partner, but he or she will also challenge you, point you to Scripture and pray for you throughout your personal journey!



Who is Eligible to Join?

The 6-month Weight Loss Program is offered at no additional cost to all current Health Partners. If you are determined to lose any amount of weight and can commit to a 24-week journey, this program is perfect for you!

Enrollment is easy, and upon joining you will receive an email giving you access to a special portal of content, which you can engage with via the free App or any Web browser. You will also schedule an appointment with a Health Coach of your choosing and meet with your personal Coach every 2-3 weeks throughout the Program.



**You are cordially invited and
we are looking forward to
partnering with you!**

What Can I Expect?

Whole health, down to the roots. We cover all the foundations of wellness from a **biblical perspective** and with proven, evidence-based recommendations.

WHY? For The Glory Of God

God clearly commands us to steward the body that He has created and given us, which means we are called to care for our body well. With this as our foundational motivation and the Lord as our strength, we can overcome every trial and temptation!

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

1 CORINTHIANS 10:31

HOW? Renewing The Mind

The Scripture tells us that our transformation to becoming more Christ-like involves the mind. We have to constantly align our mind with the mind of God, fill our mind with Truth, and make wise, thoughtful, God-honoring choices minute by minute—even in respect to health and fitness. This takes practice, accountability, and yielding to the Holy Spirit.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

ROMANS 12:2

Renewing the mind is foundational to lifestyle transformation! God wants to be involved in every area of our life, including our health! Learning to identify thoughts that can sabotage your health goals, will be key to changing your actions permanently.



What Can I Expect? (continued)

WHAT TO EXPECT

Layer upon layer, we will build a healthy habit pyramid over the next six months. You will see new habits formed and life transformation as an end result. The Program is broken down into 6 time-released, engaging devotional-style kits:

- 1 Intro Kit + Coaching Calls
- 2 Starter Kit + Coaching Calls
- 3 Application Kit + Coaching Calls
- 4 Transition Kit + Coaching Calls
- 5 Skill Building Kit + Coaching Calls
- 6 Finish Line Kit + Coaching Calls

Biblical concepts, reliance on the Lord, and proven health principles are referenced in every lesson throughout this program. These skills set us up for success as we add healthy habits and build a pyramid of health. This is the key that is missing in secular weight loss programs!



Get Started Now!

[Click Here](#) Or Scan The QR Code

to receive an enrollment call
within 3 business days.

Alternatively, you may [schedule an appointment](#) with any Health Coach at your convenience from the Medi-Share Member Center and enroll during the scheduled call.



Once enrolled, check your email inbox for a ***Welcome Email*** and next steps.



Pray for the Lord to teach and guide you during this exciting 24-week journey!