



**ODS health coaching topics include:**

- › Heart health
- › Staying active
- › Diabetes
- › Sleep
- › Stress
- › Respiratory
- › Healthy weight
- › Women's health
- › Pregnancy
- › Spine & joint

**Call:** 503-948-5548 or 877-277-7281 (TTY 711)  
**Email:** [careprograms@odscompanies.com](mailto:careprograms@odscompanies.com)



**SET AND MEET**  
 YOUR PERSONAL HEALTH GOALS  
**with ODS health coaching**

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**INSTRUCTIONS:**

*Step 1: Fold in half.*

*Step 2: Fold on dotted lines at each end.*

*Step 3: Tape at bottom.*

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**WORK ONE-ON-ONE**  
WITH A PERSONAL HEALTH COACH

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**TRACK YOUR PROGRESS  
TO BETTER HEALTH**

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