

## Blue Diamond Package

**Blue Diamond Optimal Health Package** is designed for someone who has either long term medical health issues/conditions or multiple health concerns. This **12 month program** is the ultimate package for people who are serious about making a commitment to their health so they achieve long-lasting health and wellness. This comprehensive program will educate, inspire and motivate you to make lasting lifestyle changes to achieve your wellness goals.

### **The program includes:**

Comprehensive Intake Session

Four, 30 min one to one coaching sessions per month

Healthcoachingu.com Health Portal

Unlimited “Just In time” coaching as needed (10 minute maximum per call)

Unlimited email access

Daily Health Tip

Inspirational flashcard sent Monday –Friday to brighten your day

eHealth newsletter with documented articles

Hand selected health articles from my library

**Take the first step and sign up for a free coaching session to explore your options and see how Health Coaching can help you. Contact Dr. Monica Traystman: phone: 858-245-0422 or email: [healthcoach2010@gmail.com](mailto:healthcoach2010@gmail.com)**