Health Coaching at Counseling and Mental Health Center

CMHC has teamed up with a third-party service called TimelyCare to offer health coaching to students. The goal of these health coaches is to empower you to cultivate intrinsic motivation and acquire the skills necessary to bring about lasting improvements in your health and overall well-being.

Eligibility: Currently enrolled UT students.

Modality: Virtual only. Telephone and video visit options available. Platform is also accessible via desktop and app.

Cost: Free.

Number of Visits: Unlimited.

Access: Visit timelycare.com/utexas to begin.

Here’s what you can expect from TimelyCare health coaches:

- Student-Centric Approach: Health coaches facilitate a process centered around you, helping you develop and achieve self-determined health and well-being goals.
- Evidence-Based Strategies: They utilize evidence-based techniques to uncover your personal motivations for initiating behavioral change and harness your unique strengths to maintain it.
- Resourceful Support: Health coaches provide access to evidence-based resources that guide you in taking action towards your goals and removing potential barriers.
- Non-Biased, Non-Judgmental Guidance: Throughout your journey, they maintain a non-biased and non-judgmental stance, ensuring that the approach remains focused on you and your aspirations.

During your health coaching visits, you can expect the following:

- Getting Acquainted: We’ll start by getting to know you and building a positive rapport. You’ll have the opportunity to share your reasons for the visit.
- Topic Identification: Together, we’ll identify the specific topic or area that you’d like to focus on and improve.
- Goal Setting: We’ll work on setting clear and achievable goals tailored to your needs and aspirations.
- Overcoming Barriers: We’ll pinpoint any potential obstacles that could hinder your progress and develop effective strategies to overcome them.
- Discovering Support: We’ll explore both on and off-campus resources and support systems that can assist you on your journey.
- Follow-Up Plan: A follow-up plan will be established for future health coaching visits. During these follow-up sessions, we’ll monitor your progress, review strategies, and make any necessary adaptations to ensure you’re on the right track.
Health Coaching at RecSports

What to Expect:

- Once you register for the health coaching package that best fits your needs, RecSports will pair you with a certified health coach to support you in the goal-setting and goal-execution process.
- Throughout your coaching sessions, your health coach will guide you through the eight dimensions of wellness with an emphasis on those that best align with your goals.

Eligibility: Currently enrolled UT students.

Modality: 50-minute in-person sessions.

Cost: Packages range from $50-$300 based on the number of sessions; all packages include a one-hour initial consultation meeting.

Number of Visits: Students may register for as many sessions as they need.

Access: Visit [utrecsports.org/healthcoaching](http://utrecsports.org/healthcoaching) to learn more.

Comparison Chart:
CMHC Health Coaching (TimelyCare) vs. RecSports Health Coaching

<table>
<thead>
<tr>
<th>Aspect</th>
<th>CMHC Health Coaching (TimelyCare)</th>
<th>RecSports Health Coaching</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provider</td>
<td>Certified TimelyCare providers</td>
<td>Certified RecSports Health Coaches</td>
</tr>
<tr>
<td>Approach</td>
<td>Tailored to self-determined goals</td>
<td>Support the development of strategies to meet self-identified goals</td>
</tr>
<tr>
<td>Focus</td>
<td>Behavioral changes, education</td>
<td>Goal-setting and self-accountability</td>
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<td>Supportive Techniques</td>
<td>Evidence-based strategies</td>
<td>Motivational interviewing and other evidence-based strategies</td>
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<td>Virtual (telephone, video)</td>
<td>In-person (50-minute sessions)</td>
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