

Are you struggling to manage  
living with a health condition?

Is it getting in the way of your life?

I'd like to...



**Our health coaches** provide non-clinical personal support to help you get to grips with your health and wellbeing.



# **My Health My Way is a support service for people living in Dorset whose daily lives are affected by a health condition**

If the quality of your life is affected by a health condition, perhaps stopping you doing some of the things you used to do or generally getting you down, **My Health My Way** could be for you.

It's a support service that aims to help you overcome some of the challenges you may be facing, working with you to develop your confidence to manage.

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## How can it help me?

My Health My Way provides non-clinical support from specially trained health coaches who work with you on the areas where you need help.

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## How will I benefit?

It can be difficult for people with health conditions to always feel in control of symptoms, manage changes to their lifestyle and digest all the information they are given by healthcare professionals.

With the type of support available from My Health My Way you can build your skills, knowledge and confidence to start taking control of your health condition, rather than let it control you.

You will be supported to build and maintain your confidence to self-manage areas like pain or fatigue, exercise or dietary changes, anxiety or depression. We will also work with you to help you make better, more informed choices about medications and improve your ability to converse with healthcare professionals about your care options.

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## How does it work with me?

If you feel this service is for you, our health coaches can work with you in ways that suit you best. It could be:

- One-to-one coaching
- Telephone support
- Group work
- Online tools
- Structured support groups



To find out more, call us on  
**0303 303 0153**

or email

**info@myhealthdorset.org.uk**  
to see what could work for you  
**www.myhealthdorset.org.uk**

**My Health My Way** is a **FREE** support service for people living in Dorset whose daily lives are affected by a health condition.

It is provided by the My Health Dorset Partnership for the NHS in Dorset.

