

Name:

Date:

*health  
coaching*

R<sub>x</sub>

To help you achieve your health goals, I  
recommend that you connect with a health  
& wellness coach for ongoing support,  
guidance, and accountability.

Support Options:

- Free Resources
- Membership (\$47\*)
- Private Coaching  
(starting at \$197\*)

\*HSA and FSA eligible  
options



Schedule your FREE consultation  
with Amy Behimer, Pharm.D, NBC-HWC  
at [amy@amybehimercoaching.com](mailto:amy@amybehimercoaching.com)  
or at [www.amybehimercoaching.com](http://www.amybehimercoaching.com)