



Who is your **Health Coach?**

Your Health Coach is your ally—a health professional who will work with you and support you on your journey to well-being.

How can your Health Coach help you?

Your Health Coach can answer questions and provide guidance on the following topics:

Health and wellness:

- Nutrition and weight control
- Exercise, fitness, and conditioning
- Tobacco cessation
- Stress management
- Blood pressure, heart disease, and diabetes

Available on-site metric testing:

- Blood pressure screening
- Body composition

Management of issues:

- Minor body aches or pains
- Muscle soreness

Your Health Coach may provide additional educational health topics of interest to you.

Confidentiality

Everything you discuss with your Viverae® Health Coach is completely confidential. Your Protected Health Information (PHI) will not be shared with your employer.



Meet

Berkley Kilgore

Education

- B.A. in Sociology (Salisbury University)

Certifications:

- Spirometry (Pulmonary Function)
- MTMI Bone Density
- Health Coaching
- American Sports &
- Fitness Association
- Health Coaching: Sports Nutrition

Background

I have been in the health field for many years as a Preventive Health Screener and Health Consultant. I pride myself on my ability to establish relationships with clients and provide coaching in a very personable manner. I enjoy supporting clients to make changes that have a positive impact on their health and wellness. Through experience and training I have cultivated all of my skills to bring the best onsite wellness screenings and Health Coaching to clients.

Interests

My interests include reading, cooking, running, art, music, strength training, real estate, hiking, and films.

contact information

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