

Meet your coach

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I felt safe with my coach so I could discuss my struggles. I knew I could confide in her with my emotional eating and triggers. My coach taught me about dynamic skill-building, creating healthy habits, and celebrating small victories.”

—Jules, RestoreHealth member

Are coaches real or bot?

Our RestoreHealth coaches are all real, live people (no bots!). Once you sign up, you will be paired with one coach whom you can establish a relationship and receive encouragement, connection, and advice. Your coach will reach out within a reasonable time from when you enroll; of course, this depends on the time of day, weekends and holidays. Coaches connect over text or calls and respond with genuine and personalized messages tailored to each member. Work with your coach to set and achieve your mental and physical health goals. They cheer you on along your journey and want you to be successful!

Calling your coach

Use the app to schedule one-on-one calls with your coach. Your coach will then call you (using the number they use for texting) at the scheduled time. Many members say it's helpful to take notes before and during the call. List what you want to ask/tell them, and what goals you have for the program or call. You or your coach may say something that is particularly insightful, helpful, or relevant! It's your time, and your coach wants to spend it focused on what matters most to you! Not interested in calls? Participate in group coaching sessions or text your coach instead!

YOU 2 minutes ago
After starting my new work schedule, I've been struggling with my sleep. Do you have advice for healthier sleep habits?

Coach Stacy a few seconds ago
I have a sleep lesson I think you'd find very helpful. I will place it next in your schedule. Let me know what you think of it.



Join today:

use group ID "smith_2026" at enrollment

