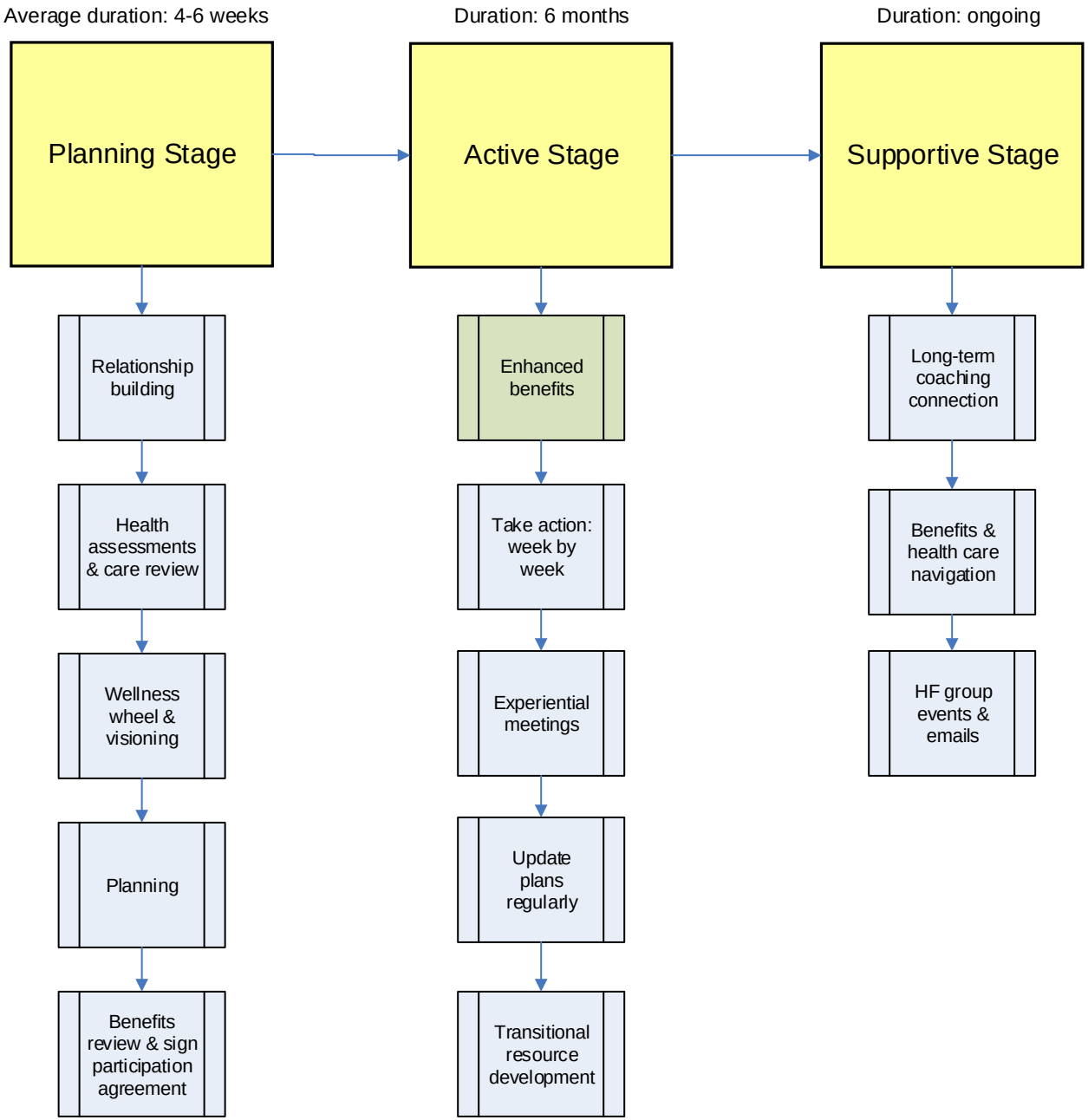
Average duration: 4-6 weeks
Duration: 6 months
Duration: ongoing
Planning Stage
Active Stage
Supportive Stage
Relationship building
Health assessments & care review
Wellness wheel & visioning
Planning
Benefits review & sign participation agreement
Enhanced benefits
Take action: week by week
Experiential meetings
Update plans regularly
Transitional resource development
Long-term coaching connection
Benefits & health care navigation
HF group events & emails