



Peer Coaching for Healthy Living

Reach your best health with the help of a coach. Our trained peer coaches are here to help you effectively manage your health condition(s). Peer coaching appointments are done over the phone, and our coaches will talk with you for 30 minutes every week for 3 months.

What is a Peer Coach?

- Volunteers trained by Alberta Health Services – many of whom live with at least one chronic condition.
- These are not health professionals and cannot provide medical advice.

What will a Peer Coach do?

- Talk about how to solve problems, set action plans, and achieve goals.
- Help you stay on track and check in with you on your goals.
- Help you make decisions towards healthy habits.
- Help find services and programs in your community.
- Provide social and emotional support.
- Connect with adults who cannot use online options.

Who can register for this service?

- Adults with at least one chronic (long-term) health condition who live anywhere in Edmonton and North Zone

How can I register for this service?

- For Edmonton Zone, call 825-404-7460 (press 3)
- For North Zone, call 1-877-349-5711
- Register Online: <https://redcap.albertahealthservices.ca/surveys/?s=WX87AWWMYFKYM7PR>
- Scan the QR code



Last updated: December 2025



**Primary Care
Alberta**

Alberta Healthy Living
Program