



American Institute for
Preventive Medicine



The Wellness Program partners with the American Institute for Preventive Medicine (AIPM) to provide employees with free virtual health coaching.

Health coaching is provided by trained professionals who work one-on-one with clients using evidence-based techniques, strategies, and clinical interventions to support clients with health behavior changes.

AIPM offers five health coaching programs focused on general well-being, weight management, smoking cessation, sleep improvement, or stress management.

Regular County employees who receive a bi-weekly Flexible Credit or Opt-Out Allowance and their spouses/domestic partners are eligible to participate in health coaching.

To enroll in health coaching, click [here](#)
or call 800-345-2476, option 1

For any questions or issues, please contact the Wellness Program at wellness.program@ventura.org or 805-654-2628