



Health Coaching for people with a spinal cord injury provided by people with a spinal cord injury

## Join our study!

Living a healthy life with spinal cord injury (SCI) can be challenging. Health coaches are people who live with SCI, so they “get it.” They have been trained to help you develop your skills in problem-solving, goal setting and action planning, so you can manage your health more effectively. You will meet with a peer health coach online or by telephone for semi-weekly peer coaching sessions.

## Eligibility Criteria

- Be 18+ years old
- Have access to a computer or telephone
- Have an SCI for 2 years or less
- Be discharged from initial hospital admission
- Participants will receive a gift card

## For more information

Please scan the QR code or email: [SCIandUstudyinUS@gmail.com](mailto:SCIandUstudyinUS@gmail.com)

