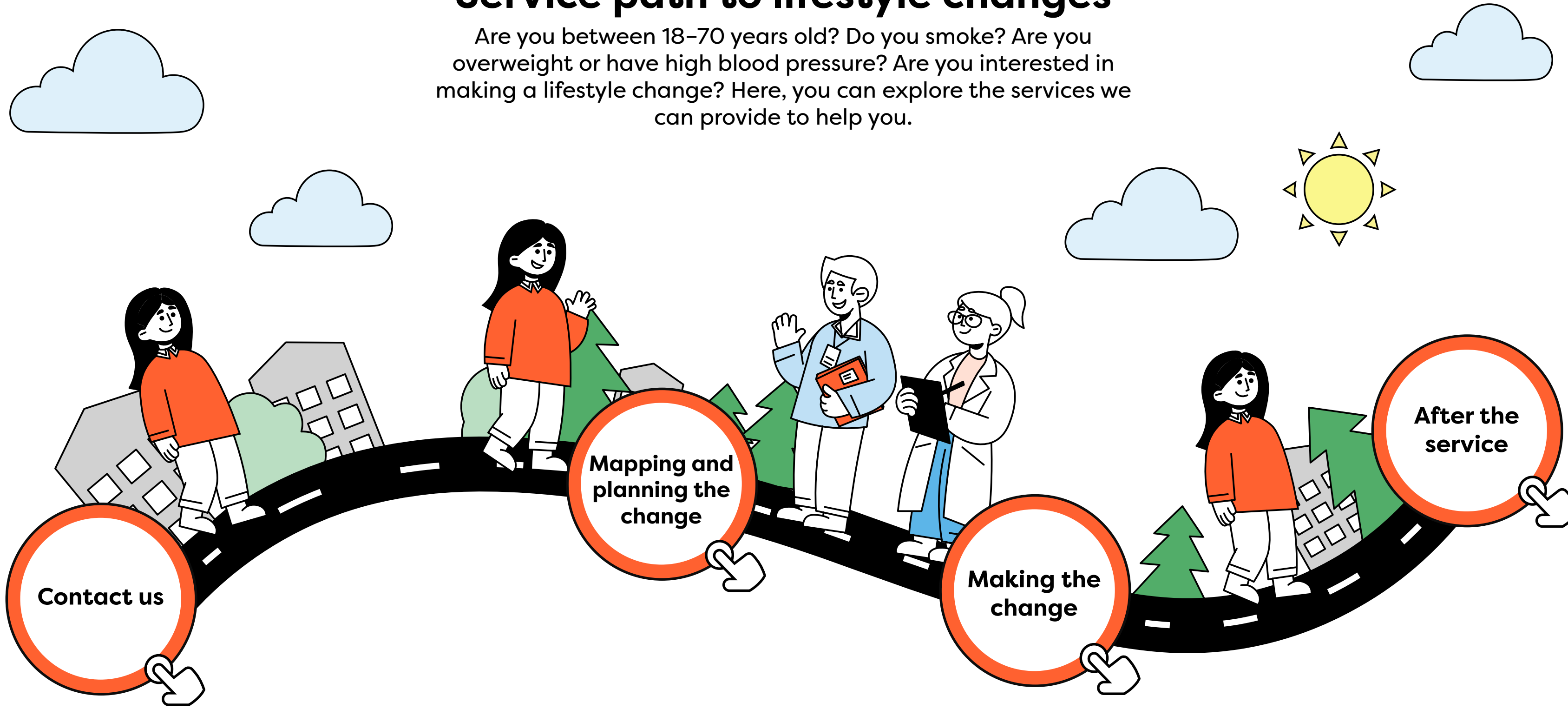


Service path to lifestyle changes

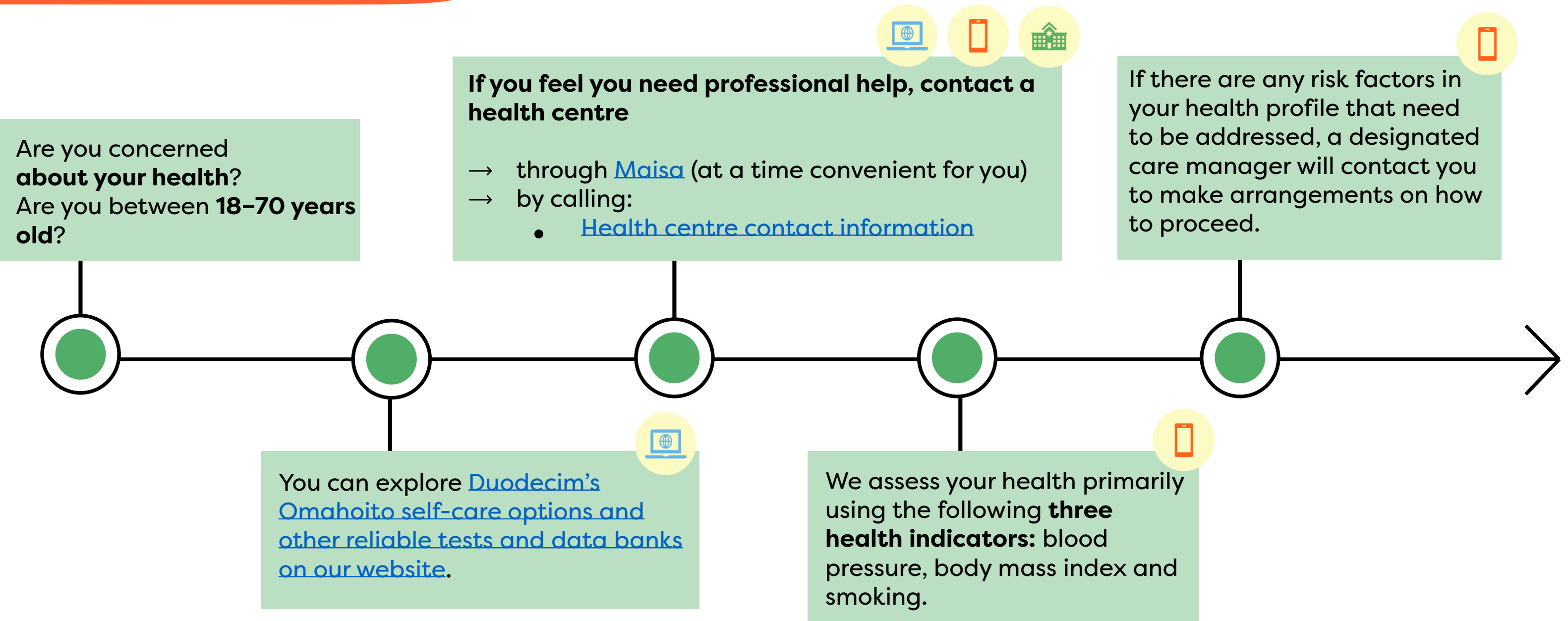
Are you between 18-70 years old? Do you smoke? Are you overweight or have high blood pressure? Are you interested in making a lifestyle change? Here, you can explore the services we can provide to help you.



Contact us



Home



Contact channels:



= Online services



= Telephone

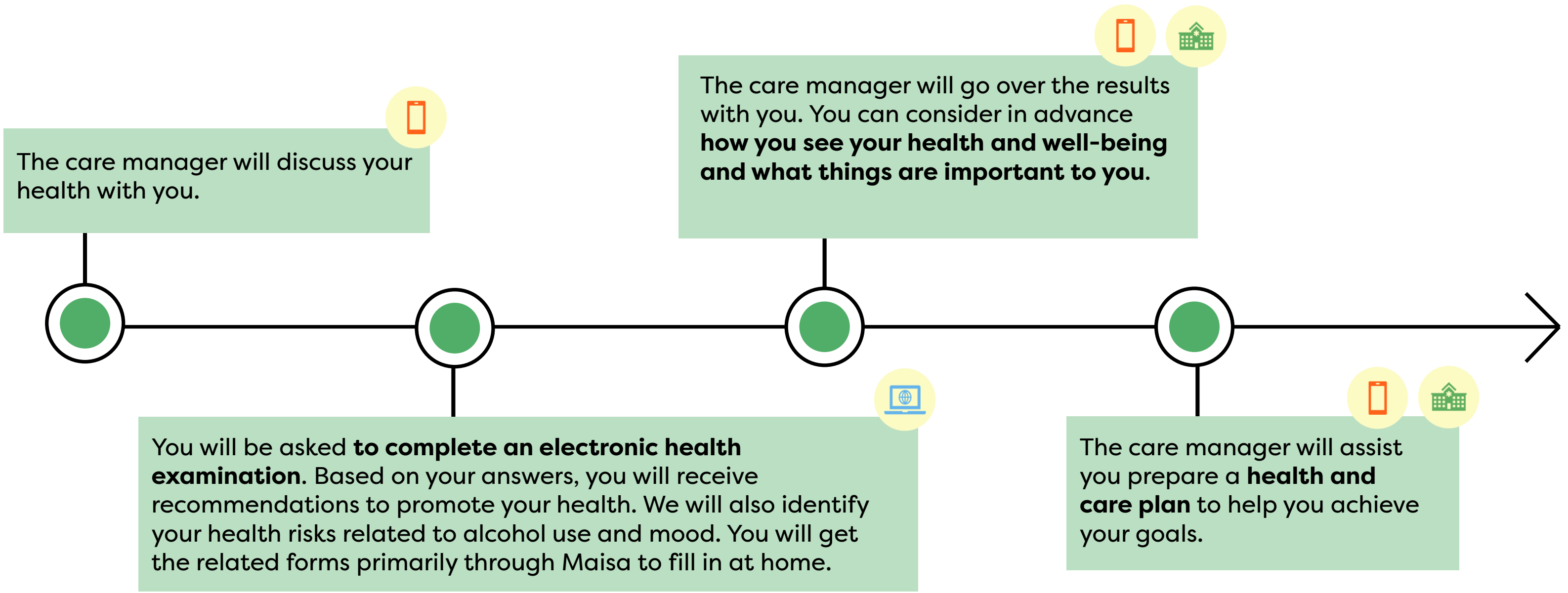


= Health centre

Back

Next

Mapping and planning the change



Contact channels:



= Online services



= Telephone

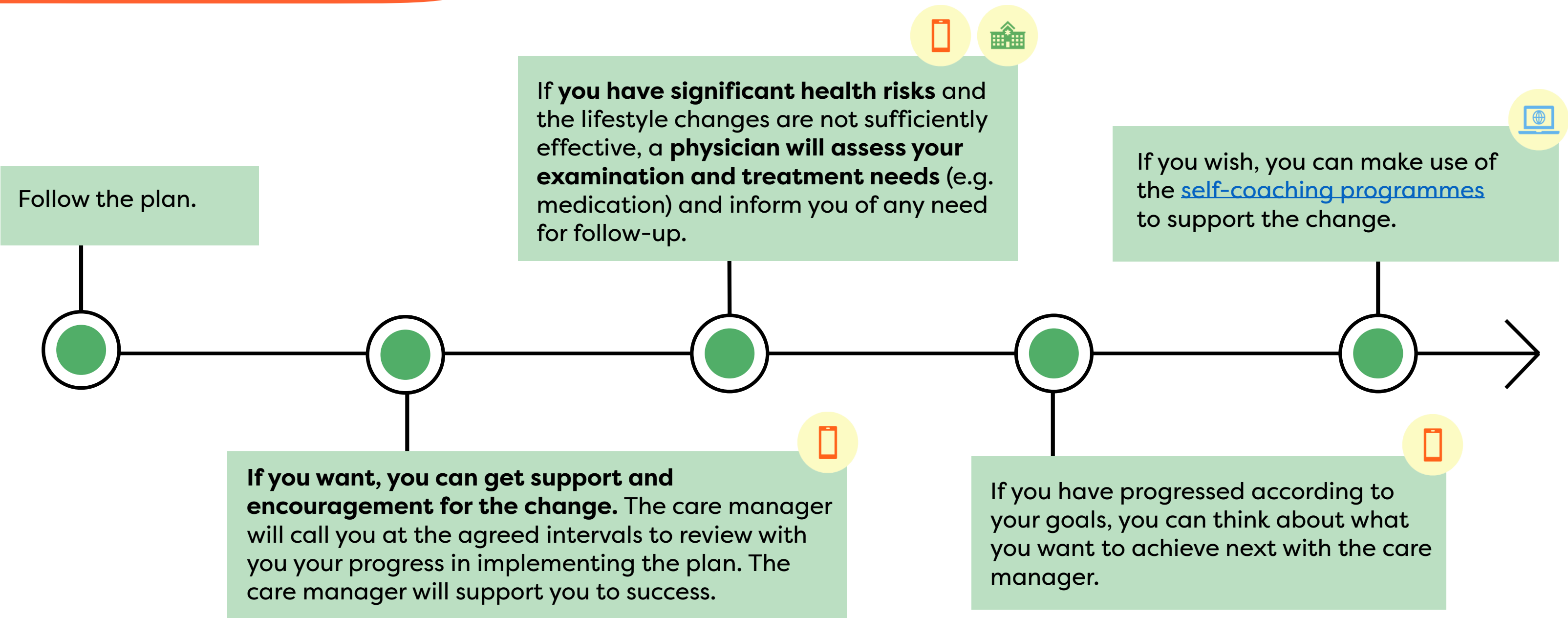


= Health centre

Making the change



Home



Contact channels:



= Online services



= Telephone



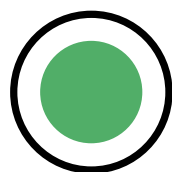
= Health centre

Back

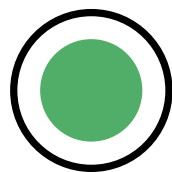
Next



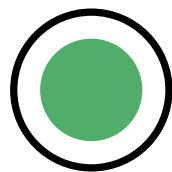
After the service



The care manager will continue to be there for you. You can contact them with all questions related to your health.



Also, observe any follow-up programme received from a physician.



You can continue using the [self-coaching programmes](#).

**Check out the service offering
on Kauniainen's website**

