



Health coaching

Improving health and wellbeing

Through a proven care model, our health coaching program is designed to improve employees' awareness of their personal health, provide the necessary steps for healthier living and prevent future medical concerns.

Understanding the health of your employee population and its key health risks enables us to tailor health coaching programs to achieve sustainable results. Through the use of data—from biometric screenings, health assessments and medical claims data when available—our coaches create personalized health improvement plans and help individuals complete coaching modules.

Our certified Nurse Health Coaches build personal relationships with every program participant and provide valuable education to affect positive health changes.

PROGRAM COMPONENTS INCLUDE:

- Proactive and goal-oriented coaching sessions tailored to individual needs
- Coaching addresses health behaviors such as, but not limited to: chronic condition treatment plans, diet, exercise, and smoking cessation
- Convenient locations: on-site, local clinics, virtual and via telephone
- Comprehensive referral source for nutrition counseling, exercise management and primary care providers
- Self-management support through connection to community resources
- Employer aggregate reporting