



HEALTH COACHING



Our approach to health coaching motivates and supports participants in making long-term lifestyle changes that will help them reach their personal wellness goals. We start by providing a health coaching call to all participants and encourage those with health risks to enroll in an intensive program that addresses their needs and supports their goals.

EFFICIENT

Follow-up coaching is provided only to participants who need and want it. Our approach ensures support is available to those who are ready to make a change.

EFFECTIVE

HealthCheck360 engages over 90% of participants in the initial coaching call. Follow-up coaching programs provide real results in weight management, nicotine cessation, and reduced Metabolic Syndrome risk.

DATA DRIVEN

Objective biometric data pinpoints health risks and creates meaningful conversations between the health coach and participant.

HOW IT WORKS

STEP 1: IDENTIFY RISKS

HealthCheck360 health coaches take the time to listen and understand the lifestyles and wellness goals of each participant, delivering a personalized coaching experience.

- Provided to all HealthCheck360° participants
- Review personal biometric data and identify health risks
- Education of lifestyle habits leading to health risks
- Establish personalized goals and action plans
- Referral to additional wellness resources and coaching programs

STEP 2: PARTICIPANT OPTIONS

You provide the parameters and at the conclusion of the initial health coaching call, the participant and their health coach will determine which, if any, ongoing coaching program is right for them.



WEIGHT LOSS

- 7% weight loss
- Holistic weight loss approach focuses on exercise and stress management along with quality nutrition
- No specialty foods or calorie counting means participants learn what, how much, and when to eat



NICOTINE CESSATION

- 32% Quit rate
- Addresses the physical addiction and behavioral habits of nicotine use
- Personalized quit plan is established for each participant



METABOLIC RISK COACHING

- Triglycerides decrease 17%
- Health coach reviews participants' personal biometric data and health risk survey to identify lifestyle habits that are the leading cause of their health risks
- Weekly goals and action plan help each participant change behaviors that hold them back