



HEALTH COACHING



Our approach to health coaching focuses on behavior change and the participants' unique motivation to support them in making long-term lifestyle changes. We help participants identify one or two small changes to their current lifestyle that will help them reach their personal wellness goals. All participants receive a health coaching call and those with health risks are encouraged 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, pre-diabetes, pre-hypertension, resiliency, and driver med card renewals.

DATA DRIVEN

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

COACHING RESULTS AT A GLANCE

8% 
**AVERAGE
WEIGHT LOSS**

36% 
**NICOTINE
QUIT RATE**

HIGH RISK
PARTICIPANTS SEE A
22% 
SCORE INCREASE

HOW IT WORKS

STEP 1 | IDENTIFY RISKS

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

- Review personal biometric data and identify health risks
- Referral to additional wellness resources and coaching programs

STEP 2 | PARTICIPANT OPTIONS

You provide the parameters and after 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

- Holistic program focuses on exercise, nutrition, and stress management resulting in an average 8% weight loss
- No specialty foods means participants learn what, how much, and when to eat

RESILIENCY

- Establishes healthy routines in sleep, activity, and brain health in response to stress
- Individualized plan for each participant is tracked through the mobile app

PRE-DIABETES

- Designed for participants with an A1c of 5.7% - 6.4% not taking medication
- Focuses on nutrition and exercise using progressive goals and tracking tools

PRE-HYPERTENSION

- Designed for participants with moderate to very high blood pressure who are not taking medication for hypertension
- Participants receive accountability and support on nutrition and exercise with an emphasis on weekly goals and tracking tools

NICOTINE CESSATION

- Addresses the physical addiction and behavioral habits of nicotine use leading to an average 36% quit rate
- Personalized quit plan for each participant, regardless of nicotine type used

DRIVER MED-CARD RENEWAL

- Focused on the unique barriers drivers face to get their Med Card
- Mobile tracking resources like a scale, blood pressure cuff, or glucometer provided as needed