



Health Coaching

For the Workplace

Health care costs are projected to **increase 8.5%** in 2024. As companies take a closer look at wellness initiatives, top of mind should be **preventative care** and addressing **chronic, lifestyle related conditions**. Implementing Health Coaching for an employee population is one of the top ways to do just that!



Who are Health Coaches?



Health coaches are **trained health professionals** who will meet you wherever you are along your personal health journey.

Health coaches provide **guidance** and **support** in making healthy behavior-change, **encouragement** and **motivation** to set meaningful goals, and connects you to **tools** and **resources** that enhance your success.

Health Coaching **topics of expertise** can include, but are not limited to:

Weight Management, Nutrition and Healthy Eating, Physical Activity, Managing Stress, Preventative Health and Health Condition Management.

What to Expect

As an Employer

- Average ROI of 4-6x the cost of implementation.
- Medical and pharmacy cost savings, seen as 70:30 - 70% savings for 30% enrolled.
- Dedicated health coach with unlimited services and flexible scheduling.
- Improved teamwork, focus and productivity among employees.
- Happier and healthier employees, in turn increasing total company value.

As an Employee

- Ongoing support from caring, compassionate, and trained coaches.
- Renewed lifestyle habits to feel your best.
- Realistic solutions to common challenges.
- Increased motivation, satisfaction and energy at home and at work.
- Online scheduling and cadence, virtual or in person, to best suit you.