



## Health Plans

# What is Health Coaching?

### **What is Health Coaching?**

Health coaches from Healthy Results, your employee wellness program, offer free, informal, one-on-one support for employees seeking to make lifestyle changes to benefit their health and well-being. Participants meet with their trained health coach for about 30 minutes, usually by telephone, on a schedule set by the participant-generally monthly or in person at the health clinic. We focus on discovering what works best for each individual and build on his or her strengths and skills. Unlike other health coaching programs, there is no prescribed schedule or "one-size-fits-all" solution. We listen to each participant's needs, brainstorm ideas and link him or her to helpful resources.

### **What issues can a Health Coach help me address?**

A health coach can help you improve and maintain a healthy lifestyle by focusing on issues such as weight management, nutrition, exercise, smoking cessation and stress management. The Healthy Results team provides health assessments and this screening data helps us fine-tune our health coaching program to meet more employees' coaching needs. Our health coaches are skilled in helping people incorporate healthy lifestyle changes that will in turn have a positive impact on their health.

### **I don't know where to start. How does this work?**

Health coaching can work for anyone-even those who "feel stuck" or don't know how to begin. During the first meeting, your health coach will help you develop a "wellness vision" and a realistic action plan for reaching goals that are specific, measurable, timely and-most importantly-achievable. We work with participants to set small goals and then follow up on progress to see what worked and what didn't. This can lead us to modify the goals or suggest ways to tackle obstacles.

### **What does Health Coaching do for me that I can't do for myself?**

Accountability and support are two of the benefits most often cited by participants who have taken advantage of health coaching. Long-term behavior change is a journey with many ups and downs, peaks and valleys. By asking powerful questions and encouraging people to think about what they really want and why, our health coaches offer support during the challenging times and celebrate every success along the way.

**To schedule a telephonic call with a Health Coach call  
317.963.5200 or 866.895.5976**

**To schedule an in-person appointment at the clinic call:  
317.617.1071**