

Health Coaching

A holistic mind-body approach.

Health coaching through eHealthScreenings is based on a holistic, mind-body approach that views good health as a balance of physical, financial and mental well-being. Using the principles of stage-based behavior change and Positive Psychology, our coaching model meets participants where they are in their readiness to change.

The coaching process includes:

1. A member-centric problem-solving approach that identifies a participant's readiness to change
2. Helping participants maintain active engagement in the coaching process
3. Developing a personalized plan of action
4. Tracking goal achievement and success
5. Create SMART (specific, measurable, attainable, relevant and time specific) goals and activities
6. Providing timely and relevant health information and education
7. Using Positive Psychology principles to uncover members' strengths and motivations
8. Coordinating referrals to other health management resources, when appropriate

Delivery

We provide personalized coaching through multiple channels: telephonic; in-person; email; text; web chat; and video. For web chat and video consultation, we offer scheduled video sessions via the proprietary eConnect® platform. Coaching is available in both English and Spanish.

Background

All health educators have a graduate-level degree in a health-related field. Coaches are National Board Certified Health & Wellness Coaches (NBC-HWC) and certified by the American Lung Association as a Tobacco Cessation Facilitator. In addition, all health educators have education and professional experience in one or more of the following areas:

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| > Health promotion | > Tobacco cessation |
| > Certified personal training | > Exercise physiology |
| > Nutrition (RD) | > Prenatal counseling |
| > Community health | > Public health policy |



Engagement

Health educators engage with program participants an average of 7.9 times per case.

Coaching Topics

Participants may engage with coaches for the following reasons:

- > Weight management
- > Tobacco cessation
- > Diet and nutrition
- > Exercise and fitness
- > Improved sleep
- > Family health
- > Pre- and postnatal health
- > Cholesterol management
- > Reducing blood pressure
- > Diabetes management
- > Stress management
- > Financial