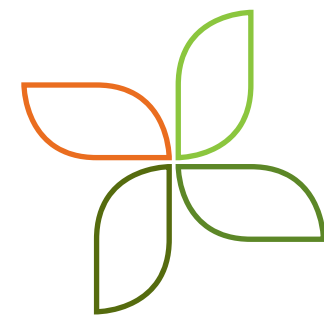




Your Wellness Partner

Health Solutions is a leading provider of health and wellness services that have delivered some of the best outcomes in the marketplace. Health Solutions provides clients with a customized strategic approach to reducing risks and costs utilizing a clinical proprietary approach to identify, intervene, and improve high-risk conditions proactively, before they become large and expensive claims. Health Solutions was founded in 2004 and is based in Cedar Rapids, Iowa.



A solution
just for you

A solution, just for you.



What is a health coach?

Health coaches are trained to help clients develop and implement a personal wellness plan. Health coaches have training and education in any number of fields including exercise science, nutrition, health promotion, and psychology.

Why do I need one?

We understand that change is difficult. Working with a coach can help create a blueprint for how to get more out of life by making healthier choices. Whether it's seeking current and credible information or needing motivation to start living better, a health coach can help you identify and surpass your goals.

How can I benefit?

Whether you qualify for coaching based on a clinical health risk or you're in need of the guidance and support to make lifestyle changes, a health coach is a committed partner in getting you to your best.

What can I expect?

You can expect your personal health coach to adhere to the strictest standards regarding the confidentiality of your personal health information. Information and/or concerns discussed during health coaching sessions are held in total confidence and never shared with any third party, other than your medical provider (if applicable).

Our personal health coaches are credible sources of information. Coaches are educated and credentialed and supported by a team of pharmacists and medical providers with a high degree of training. In the event, a coach doesn't know the answer, you can trust that he/she will find the right one and deliver it in a timely manner.

Consistency is key. The success of the coach/participant relationship depends on engagement. You can only get out of it what you invest into it and your health coach is fully invested in helping you reach your goals. Meeting regularly is the best way to ensure this success.

Defining Our Partnership

Our coaches will:

- Empower you with the tools to take control of your health
- Encourage you to achieve your best self

Our coaches are committed to:

- Develop an honest relationship built on mutual respect
- Be fully engaged to achieve the most out of our partnership
- Be motivated and have fun with the coaching program
- Have confidence in each other

RELATIONSHIP

Our coaches will:

- Create a Care Team with you and your medical provider to maximize your health results
- Provide personal, focused coaching to help you achieve your personal health and wellness goals
- Set realistic expectations and provide a holistic approach for improving your health and wellness

Together, we will:

- Meet on a regular, frequent and ongoing basis
- Hold each other accountable for doing what we say we are going to do

COLLABORATION

Our coaches are:

- Committed to the highest standard of confidentiality regarding your personal health information
- Fully invested in your success and serve as credible sources of wellness information
- Resources for our coaching participants, offering uniquely personalized programs

Together, we are:

- Dedicated to the program and each other
- Committed to having realistic expectations of the coaching program

OWNERSHIP

COMMITMENT

Our coaches will:

- Provide you the opportunity to take control of your personal health
- Provide support for you to have ownership of your well-being and quality of life

You will:

- Embrace change
- Have the courage to address your health and wellness concerns
- Give your best effort to achieving your best self

“I am so happy with my results that I probably couldn't have or WOULDN'T have had on my own. I truly feel my coach had a major part in my success. Words cannot express just how thankful I am that they were part of my journey.” - Participant Testimonial