



# HealthyLife<sup>®</sup> Disease Management Coaching

*Improve quality of life for employees with chronic conditions.*

The HealthyLife<sup>®</sup> Disease Management Coaching program targets some of the most common chronic conditions: asthma, COPD, coronary artery disease, high blood pressure and diabetes.

Our coaching program provides one-on-one, confidential telephonic coaching sessions for employees. All coaches are Registered Nurses or Registered Dietitians with a health coach certification. They will help motivate, support and provide information to employees who have one of these chronic conditions. Our goal is to help employees better manage their condition(s) and overcome challenges so they can maximize their health and quality of life—today and into the future.

## **By the Numbers:**

- 1 in 9 adults have diabetes
- 1 in 3 adults have high blood pressure, a major risk factor for coronary artery disease and stroke, and only about ½ have it under control
- 6 out of 10 adults live with at least one chronic condition, including coronary artery disease, stroke and diabetes
- 1 in 12 adults have asthma

(Source: Centers for Disease Control and Prevention)

## **Coaching Sessions:**

Coaching is based on current best practices and clinical guidelines.

- Review health history, biometric screening and health assessment results
- Understanding their doctor's care plan
- How their prescription medications help to manage condition(s)
- When to seek medical help
- Healthy daily habits, such as eating a nutritious diet and physical activity
- Setting goals and creating action plans to achieve those goals
- Overcoming daily and long-term challenges