



HealthyLife[®] Coaching

For Lifestyle Enhancement and Disease Management

*The right questions,
paired with the right
skills, can make all
the difference.*

*HealthyLife[®] Coaching
is solution-focused.
Participants work through
current challenges and
prevent future problems.*

Our coaches transform lives by helping your employees:

- Connect more with their family, friends, and co-workers.
- Live in a way that aligns with what they value.
- Be more productive and focused at work.
- Sleep better and feel energized during the day.
- Bounce back from adversity more quickly.
- Create and act on a sustainable self-care plan.
- Manage time and energy more effectively.
- Go from “just getting by” to thriving!



HealthyLife® Coaching fills in the gaps between health information and individual behavior. It benefits employees at all levels of risk. Some employees may have multiple risk factors and need guidance working through many changes, step-by-step, while others just want to work on one behavior (e.g. getting to a healthy weight). Still others may be healthy but want to reach higher and enhance a particular aspect of their life. Our coaching embraces every individual's goals and readiness for change.

Health coaching is an important part of an overall wellness culture. Equip your team with HealthyLife® Coaching today. Full administrative support is included, including marketing, implementation, and reporting.

General & Specific Program Options:

HealthyLife® Coaching can address a broad range of topics or focus on a specific health behavior.

- Sleep Enhancement
- Nutrition & Weight Management
- Physical Fitness
- Stress Management
- Tobacco Cessation
- Disease Management
 - Diabetes
 - Asthma
 - COPD
 - Coronary Artery Disease
 - Hypertension

HealthyLife® Coaches:

- Build relationships
- Enhance motivation
- Drive engagement
- Customize the wellness program experience
- Provide accountability
- Connect to resources



ENHANCING HEALTH SINCE 1983!