

Total Wellbeing Health Coaching

Confidential Services that Support Trust and a Healthy Lifestyle



ONSITE: A Total Wellbeing Coach is available for onsite consultations. Onsite coaching services are designed to meet the distinct needs of the employer and employee population health needs. Encounters are generally 20-30 minutes in duration. An online scheduler is made available for appointment scheduling and availability.



TELEPHONIC: Total Wellbeing Coaches are also available by telephone to respond to questions on nutrition, smoking cessation, exercise, stress management, financial wellness and other topics.



REPORTING: While individual results are completely confidential, you, as the employer are provided with participation reporting for incentive tracking and aggregate outcome results on the program's overall success.



The Total Wellbeing Program is our holistic and comprehensive approach to ongoing behavior change interventions for employees and eligible participants. Staffed by Certified Health Coaches and Health Education Specialists, our interdisciplinary teams assists members with setting goals, developing personalized wellbeing plans, as well as provide appropriate referrals to internal (employer sponsored) and external (community) resources as required to help members achieve success. Service options include telephonic, onsite (restrictions apply) and online delivery. Participants have access to all of their own unique information, personal tracking tools and resources, as well as educational resources located on the StayFit Plan customized portal.

Behavior change programs include: Preventive Health, Physical Health, Weight Management, Nutrition, Stress Management, Financial Wellness, Tobacco Cessation and Condition and Disease Management Referrals as required.

Motivate, Support & Empower

Total Wellbeing Coaches

- Certified Health Coaches
- Health Educator Specialist
- Motivation and Support
- Development of Personal Lifestyle Plan (PLP)
- Financial Wellness Guidance and Referrals
- Inbound or Outbound Engagement Options

Evidenced-Based

- Treatments and coaching based on evidence-based and alternative clinical practices
- Identification of Primary Lifestyle/Health Risks
- Stratify Risk—
 - Advanced Health Assessment
 - Health Screenings (Biometrics)
- Personalized Plan of Care:
 - Physical Activity
 - Nutrition/Weight Management
 - Stress Management/Resiliency
 - Tobacco Cessation
 - Financial Wellness
 - Emotional Wellbeing
 - Referrals to Care Management
 - Coordination of Care (as applicable)

Coaching Encounters

- Average length of coaching encounter is about 15-30 minutes.
- Goal-Directed
- Actionable Plan and Follow-Up
- Health Education and Improve Self-Efficacy
- Baseline Measures: Biometric Results (if available)
- Self-Reported Pre and Post "Health Score"
- Integrative Approach
- Referrals to Internal and External Resources

Measurement & Case Closure

The Total Wellbeing Coach assesses the needs of the individual taking into account internal, external, personal and environmental barriers to optimal wellbeing. Collectively, the coach and the participant determine the appropriate personal lifestyle plan and actions to overcome barriers and achieve success.

Cases are documented in our proprietary health coaching secure database system, tracking risk mitigation and migration.

Employers are provided with quarterly reporting*. HIPAA participation minimums apply.



Contact Us Today!

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