



## Nurse Holistic Health and Wealth Advisors

### Confidential Services that Support Trust and Healthy Living



A BEGIN nurse holistic health advisor is available to explain individual biometric results to each employee. Participants speak directly with a licensed nurse trained in traditional and holistic health practices. Together, the employee and nurse set goals, develop a personalized plan for wellness, and address relevant health and wealth-related issues.



Our nurse holistic health advisors are available by telephone to respond to questions on nutrition, smoking cessation, exercise, stress management, and other topics. Participants also have access to all of their own unique information, personal tracking tools and resources, as well as education through the StayFit Plan customized portal.



While individual results are completely confidential, you, as the employer are able to obtain participation rates and receive results on the program's overall success through aggregate reporting.



BEGIN registered nurses offer clinical guidance, as well as holistic and integrative wellness education based on their unique professional training and qualifications as holistic health advisers. Our training in traditional and holistic health practices allows for a more comprehensive approach to wellness and provides options often left unexplored.

Our program allows employers to choose from proactive outreach and follow-up or reactive inbound calls into our registered nurses who will provide assessment and support based on the participant's unique health and wealth needs.



ACCREDITED  
CASE MANAGEMENT

## Our BEGIN program is URAC Accredited

# Telephonic Nurse Holistic Health Advisors

- Licensed registered nurses/medical case managers
- Credentialed holistic health advisors
- Assist in development of Personal Lifestyle Plan (PLP) that includes health and wealth goals
- Inbound our outbound engagement and enrollment options
- Case Rate or PEPM pricing

## Knowledge Based

- Treatments and therapies based on conventional and alternative medical practices
- Lifestyle and Behavioral Change choices based on PLP
- Applies Health Index Calculator or Health Risk Assessment (Biometrics) risk stratification to BEGIN coaching plan
- Plans are personalized and focus on a variety of health topics as well as diseased states such as:
  - Physical Activity
  - Nutrition/Weight Management
  - Stress Management
  - Tobacco Cessation
  - Diabetes
  - Cardiovascular Disease
  - Musculoskeletal
  - Mental Health
  - Coordination of Care (as applicable)



## BEGIN Objectives

- Average length of BEGIN session is about 15-20 minutes.
- Goal-directed; Nurse professionals skilled in assessing individuals' needs based on Health Index Calculator , Health Assessment, Biometrics and individual assessment.
- Work with participants to develop action plans for realistic change and improvements.
- Explain biometric results (if available) and identify areas for improving/maintaining long-term health and wealth habits.
- Use self-reported “Health Score” as a measurement tool of success.
- Provide resources and education to participants on integrative approaches to medicine, treatment & advice.
- Provide follow-ups to scheduled physician appointments to provide assist with resources and guidance

## Measurement & Case Closure

The BEGIN assesses the health needs of the individual in order to determine the appropriate personal lifestyle plan and determines a participant overall state of health through a self-reported numeric Health Score (0-4) based on the participants perception of their current health and wellness status.

A score of “zero” is poor health perception and a score of “five” is optimal health perception.

Upon case closure, the BEGIN nurse re-assesses the participant Health Score to determine coaching success.

## Contact Us Today!

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