



Wellbeing Coach/Health Education Specialist

Contracted Employment Opportunity

REQUIREMENTS

- Candidates should possess a Bachelor's degree or equivalent.
- 2-5 years' experience with lifestyle coaching and health education.
- Coaching experience required; certification preferred.
- Work Remotely
- Must be willing to be flexible with hours. May include off shift and non-standard hours.

REQUIRED SKILLS

- Encouraging Personal Prevention Practices (Evidence-based)
- Supporting Member Achievement of Personal Wellbeing Goals
- Solid Communication Skills
- Mentoring/Engaging
- Interacting with Medical Professionals
- Maximizing Work Practices
- Understanding Clinical Impacts
- Experience in facilitating member behavioral change
- Demonstrated ability to communicate, problem solve, and work effectively with people, use good judgment in challenging situations.
- Background in motivational interviewing, active listening skills, Transtheoretical Model, mindfulness based and other evidence-based coaching techniques preferred.
- Demonstrated ability to learn and adhere to a wide range of protocols, attend to detail and follow through on tasks.
- Strong health promotion decision skills.
- Passionate and motivated to support members.
- Ability to work with a multidisciplinary team.
- An understanding of impact of behavior on health, wealth and chronic health conditions.
- Excellent computer skills including MS Office applications such as Word, Outlook, etc.
- Excellent customer service skills.

POSITION SUMMARY

BEGIN wellbeing coach and or health education specialist applies the StayFit coaching/education methodology (based on evidence-based practice) to help members achieve healthy lifestyle behavior changes that align lifestyle behaviors with personal wellbeing goals, design a realistic action plan in support of the achievement of optimal wellbeing. Coaches/educators will deliver a high quality member experience resulting in positive outcomes.

As a Coach/Educator you may:

- Conduct telephonic, face-to-face, and/or online clinical coaching assessments and sessions.
- Provides recommendations for wellbeing behavior changes according to established protocols.
- Establish personal plan based on member s wellbeing status, educational needs and support needs with direction to resources and programs.



- Assist members in a variety of lifestyle domains: Preventive Health, Weight management, Nutrition, Tobacco Cessation, Stress management/Resiliency, Physical activity, Financial Wellness, Chronic health conditions and other healthy lifestyle behavior change programs.
- Support clinical integration and collaboration on member s care plan in conjunction with other health professionals (as required).
- Refer cases needing more intensive management when indicated to case management, disease management, etc. (as required).
- Work with customer specific onsite clinics to coordinate wellness activities (as required).
- Document and communicate with interdisciplinary team.

CAREERS WITH US

We require complete background checks as required. Simplicity Health Plans does not permit the use of tobacco related products or drugs in the workplace. Simplicity Health Plans offers Equal Opportunity/Affirmative Action career opportunities.