

Total Wellbeing Health Coaching

Human-Centered Approach to Behavior Change

Change is never easy, but with a little support and motivation from a Certified Health Coach, your employees can achieve their personal health and wellbeing goals.

Our health coaches are trained in WellCoaches® philosophy; empowering them with the ability to assess an individual quickly and accurately. Using a combination of clinical guidelines, motivational interviewing, and self-efficacy our coaches get the results you want—healthy and productive employees that contribute to your bottom line.

Health coaches help participants explore primary health and wellbeing risks and guide participants with a personalized action plan that overcomes barriers and leads to success.

The StayFit Plan supports client-branded communications, an online scheduler, and comprehensive quarterly reporting. Targeted outreach campaigns are also available.

Standard coaching programs include the following lifestyle, behavior and health risk offerings:

- Physical Activity
- Weight Management
- Nutrition
- Tobacco Use
- Sleep
- Stress Management
- Type 2 Diabetes
- Preventive Care
- Emotional Health

We offer the ability to customize your program and include a variety of modalities (onsite, online or telephonic) as well as group coaching to ensure optimal participation and positive outcomes.



95%
Participant Satisfaction



Contact Us Today!

The StayFit™ Plan
A Division of Simplicity Health Plans
20600 Chagrin Blvd. Suite 450
Cleveland, OH 44122
877-747-1113
stayfitinfo@simplicityhealthplans.com
www.thestayfitplan.com

Motivate. Empower. Support.