



Healthy U's Corporate HealthCoach Services

According to the National Center for Health Statistics, life expectancy in the United States continues to increase. Yet, along with this increased longevity there is also a high prevalence of people with unhealthy lifestyles and behaviors, such as insufficient exercise and overweight – risk factors for many chronic diseases and disabilities including heart disease, diabetes, hypertension, and back pain. The rising number of overweight children and adults, and the large percentage of those who are physically inactive raise additional concerns about Americans' future health, even though we may be living longer.

About nine percent of U.S. health care costs, or some \$123 billion a year, can be attributed to lifestyle-related diseases such as obesity, according to Cornell University. The Centers for Disease Control and Prevention reports that, annually, more than 75 percent of employer health care costs and productivity losses are related to employee lifestyle choices.

These statistics demonstrate that the health of your employees can have a staggering impact on the cost of doing business. Hence, your company is the perfect place to adapt and promote healthier habits – not only to lower absenteeism / presenteeism rates and increase productivity, but also to reduce stress, improve morale, and promote a higher level of well being and self-esteem.

When promoting wellness at the workplace, it's important to have a reliable, trustworthy resource to which your employees turn for correct advice on nutrition, exercise, and other wellness issues. Health coaching is a very critical component for effective worksite health promotion programs. Health coaches work with employees to evaluate their personal health risk, help them develop a personalized health plan, and then guide them to reaching their wellness goals. Consistent contact with a dedicated health coach allows your employee to develop a relationship of trust with a non-judgmental expert who can help them work through wellness issues which may be very personal in nature.

Many studies have demonstrated the benefit of having a buddy when you're trying to stick to a wellness program. Our Healthy U HealthCoaches take that buddy system to a higher level – because your employees now have a buddy who also happens to be a wellness expert and an advocate for their health.



Healthy U's Corporate HealthCoach Program is a powerful blend of clinical and behavioral expertise, designed to help your employees see where they are, where they want to go, and how to get there. Our experienced HealthCoaches – all highly credentialed wellness experts, under the guidance of our preventive medicine physicians – are able to employ a diverse array of tools to empower your employees to take charge of their health and learn how to make sustainable changes to reach their goals.

We can tailor your Healthy U HealthCoaching package to fit the needs of your employees and your company's wellness budget. Each package includes an individual health risk assessment (HRA) report for each your employees, and an aggregate report for you – so that you can get a general idea of the major health issues facing your workforce, and then tailor your wellness initiatives to help keep them healthy. Weekly coaching sessions, either via telephone or virtual conference room, give your employees an opportunity to review what they've achieved, discuss any barriers, and reaffirm their health goals. We can also assist you with any incentive programs by keeping track of who participates.

Our expert HealthCoaches help your employees make the necessary changes to improve their health – and help you better manage the overall health of your workforce.

We can help you take your wellness program to the next level.

**Call or e-mail us today:
888-253-3830 or
healthcoach@knowyourhealthrisks.com**