



HEALTH COACHING PROGRAM

Coaching is a client-centered, relationship-based process which assists an individual in the shift from being a passive recipient of health care interventions to adopting a responsible, self-directed, proactive stance. The purpose of coaching is to help the individual achieve lasting change.

Role of the Health Coach

- Build & maintain participant trust & confidentiality
- Provide guidance & referral to resources
- Share health & wellness education & resources
- Help the participant identify values, goals & develop plans of action
- Support & promote behavior change activities using evidenced-based coaching knowledge & skill

Midland Health goes beyond physical health to focus on five dimensions of wellbeing.



Our Coaching Process

- Build resilience
- Reframe negative thoughts
- Focus on positivity
- Identify strengths
- Create a plan for change
- Expect accountability

Tracking Coaching Outcomes



HEALTH COACHING

Learn Your Levels Report & Lifestyle Assessment Consultation with a Certified Health Coach

Twenty-minute onsite consultation provided for 15 or more participants.
Telephonic consult 14 or less
Based on 3 consults per hour

Ongoing Health Coaching

Participant eligibility for coaching based on Learn Your Levels (LYL) Criteria

- Individuals with a score of 49 or less
- Individuals in serious or high-risk category for metabolic syndrome
- Positive tobacco status

Four twenty-minute health coaching sessions scheduled telephonically or at the worksite

First Coaching session starts with Learn Your Levels & Lifestyle Assessment report consult