



## Corporate Health Coaching



### The ongoing education, accountability and support that your staff need to achieve real behaviour change

Chances are that some of your executives or staff members are walking time bombs with high blood pressure, cholesterol, partially blocked arteries or even undiagnosed diabetes. The research shows that male executives and staff are particularly at risk, because they typically avoid going for the recommended medical check-ups. The research also shows that most executives end up spending 70% of their money on health conditions that they could have prevented in advance by making their health a priority. If your company provides a routine health check-up and health coaching service, you will greatly benefit both the company and your staff.

Each of our Health Coaches is a university qualified and insured Dietitian and/or Exercise Physiologist. Your company's health and wellbeing is in the best hands. Health coaching is typically provided over the phone, and can be provided in person for these prices plus travel expenses and travel time subsidy.

#### Complete Health Coaching

Complete Health Coaching is a comprehensive health assessment and lifestyle review most suitable for your executives and management. This strategy is highly effective for providing all the necessary guidance and support for your staff to achieve and maintain a healthier lifestyle. The company will benefit through improvements in staff health, absenteeism, staff attraction and retention. Benefits for the individual include access to individualised advice from health professionals, improved health, health knowledge, goal setting skills and energy levels. The logistics and investment are:

- A Complete Health Coaching consultation for each participating staff member every 2 months (i.e. 6 x 30 minute consultations per year)
- \$1390 per person per year (eligible for private health fund rebates if some or all is paid by the individual)

#### Mini Health Coaching

Mini Health Coaching is suitable to roll out for your entire staff. This involves brief follow-up consultations throughout the year, to keep staff in a health mindset and check their progress. Company benefits include gains in staff health awareness and healthier lifestyle choices. Staff benefits include better health knowledge and lifestyle decisions. The details are:

- A Mini Health Coaching consultation every 3 months (i.e. 4 x 15 minute consultations per year)
- \$490 per person per year (eligible for private health fund rebates if some or all is paid by the individual)

#### **What's involved?**

- A health and lifestyle diagnostic
- Four health coaching sessions per year
- Goal setting and accountability activities each month
- A health and lifestyle manual (for Complete Health Coaching participants only)
- A food and exercise tracker
- Follow up support materials including an e-newsletter and practical fact sheets
- The choice of providing this service for your staff, or passing the costs onto them

