

Healthy+PLUS

Corporate Wellness Program





PLUS 1 Health Coaching Wellness Program

Our PLUS 1 program offers qualified Health Coaches, who possess the knowledge to support your specific health concerns and assist you, the employee, in making lasting lifestyle changes. These services are strictly confidential. The Health Coaches who are assigned to your company will set up a coordinated schedule to assist you on this new journey.

Wellness Screens (Prevention)

The most direct pathway to healthier living is by understanding potential health risks. Many employees don't utilize any preventative planning or healthy lifestyle planning. Generally, doctor visits are when a person believes they are ill. This is something that the PLUS 1 program places the largest focus on. A yearly or semi-yearly wellness screening is of utmost important. The PLUS 1 program structures wellness screens to accomplish the following:

- ✓ Identify potential risk through our automated "risk-prediction" report that will indicate all potential risk.
- ✓ Risk Levels provided and recommendations for actions to be taken.
- ✓ Consent to forward risk predictor to employee's physician.
- ✓ If Employee doesn't have a PCP the PLUS 1 program will help locate an in-network provider.
- ✓ Health Coaching opportunity, for daily, weekly lifestyle tracking.

Healthy Families

Healthy Families coaching is designed to help parents educated, guide and motivate themselves and their families in healthy lifestyle coaching. Our Health Coaches are trained experts in nutrition, exercise and behavior change who work directly with you over a virtual call to create achievable family goals for healthier lifestyle, including improving nutrition and exercise regimes and dealing with the emotional aspects of potentially being overweight.

- ✓ Realizing Potential Health Risks
- ✓ Understanding Nutritional Needs
- ✓ Planning and Implementing Exercise Opportunities
- ✓ Developing Healthy Family Routines

Diabetes Disease Prevention

Diabetes Disease Prevention coaching is designed to build an awareness of this disease. A Health Coach is assigned to the company for the employees to access as their Health Coach. The Health Coach reviews your health history, explains controllable and uncontrollable risk factors and helps guide you to diabetes A1C reduction through highly achievable goals which address those risks.

- ✓ Education on Pre-diabetes and diabetes.
- ✓ Health discussion on Risk Factors.
- ✓ Develop goal-setting plan to reduce diabetes levels as well as plan for healthier living.



Cardiovascular Disease Prevention

Cardiovascular Disease Prevention is also provided by our Health Coaches which is also designed to develop a full awareness of this disease. In many cases the employees wellness screen will detect the level which will be instrumental in the Health Coach designing an initial plan for the employee(s). If there are employee who are already under physician supervision, the Health Coach becomes a guided resource to keep the employee on track with the direction from their physician. The Health Coach will explain controllable and uncontrollable risk factors for your cardiovascular risks and be a guide to reducing those risks.

- ✓ Education on the effects of cardiovascular disease.
- ✓ Discussion and planning of managing risks daily.
- ✓ Develop achievable goals that will show gradual lifestyle changes for the employee.

Weight Management

The Weight Management program stresses healthy diet and can work directly in conjunction with the Nutrition planning all under the guidance of the assigned Health Coach. Each participant will work with the Health Coach on a tiered nutrition plan that will gradually teach the employee on how to become healthier just through subtle lifestyle changes.

- ✓ Create a customized weight management program.
- ✓ Address potential health issues due to weight.
- ✓ Develop productive app usage as to fit into daily routines for easier tracking.
- ✓ Goal setting plan to steer gradual success.
- ✓ Nutritional Planning.

Exercise Management

The Exercise Management program is designed to help participants of all activity levels to engage and become healthier through exercise. The Health Coach works with the employee to design a plan that meets the employee individual needs and goals.



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