



More than 94% of program participants have reached their goals.

## Health & Wellness Solutions: Lifestyle Coaching Services

Improved sleep, weight loss, regular exercise, quitting tobacco use, increased self-esteem, a smooth return to work after maternity leave, work/life balance and managed stress levels—these individual achievements add up to reduced healthcare costs, increased workplace productivity and decreased absenteeism for your organization.

### THE BEACON HEALTH OPTIONS SOLUTION

With Beacon Health Options' Coaching Services, your employees and their families collaborate with a professional coach to set and achieve health goals.

The coach encourages and inspires individuals to make lasting change. Together, the participant and coach address unhealthy habits and relapse prevention and they discuss how to access needed support and resources.

### DYNAMIC COACHING SERVICES

#### Health and Lifestyle

Lifestyle coaching is a Web- and telephonic-based method of coaching for individuals in need of self-awareness, goal-setting, stress management and confidence guidance. The lifestyle coach addresses common health and wellness issues such as weight management,

fitness, nutrition, stress, tobacco cessation, time management, personal leadership and life transitions.

Coaching provides the individual with participant-centered strategies that align with his or her lifestyle, attitudes and values.

#### Bariatric Surgery

Bariatric Surgery Coaching includes individual and group coaching for participants who are considering weight loss surgery. Coaching is provided before and after surgery to provide ongoing support, education and accountability.

#### AFTER WORKING WITH A LIFE COACH:

- 67% of participants report greater self-awareness
- 62% of participants report better goal-setting
- 57% of participants report lower stress levels
- 52% of participants report greater self-confidence

Participants partner with a coach to develop a plan of action and personalized goals around healthy lifestyle change, positive coping skills and the development of a strong support system.

### **Maternity Solutions**

Maternity Solutions Coaching is for women who are pregnant, on leave and/or transitioning back to work after the birth or adoption of a baby.

Participants partner with a coach to design a plan of action and individualized goals around healthy lifestyle change, self-care, time and stress management and the development of a strong support system.

### **EXPERT COACHES, PROVEN RESULTS**

Beacon Health Options' coaching model has resulted in more than 94% of participants reaching their goals.

The Beacon coaching staff:

- Has diverse and extensive experience in behavior change.
- Are certified and members of the International Coaching Federation.
- Hold professional licensures and master degrees in various disciplines, such as clinical social work, nursing, counseling and public health.

### **A LEGACY OF RESULTS**

Beacon Health Options is committed to the wellbeing of your workforce. We currently provide health and wellness services across every type of employer organization. Through our Lifestyle Coaching Services. We are committed to helping your employees make lasting behavioral changes for a healthy lifestyle while we help your organization create a culture focused on health and wellness.

With over 30 years of experience, Beacon Health Options is the national leader in providing EAP, Work/Life Services and Health and Wellness programs as well as managed behavioral health care to employers, health plans, state programs and federal agencies. We specialize in behavioral health innovation, clinically driven information technology and outstanding customer service.



Over  
**350**  
clients



### **BEACON HEALTH OPTIONS' CUSTOMERS:**

- More than 95 national and regional health plans
- 45 Fortune 500 companies
- Large and medium-sized employers
- Taft-Hartley Plans and trade unions
- Non-Profit Organizations
- Colleges and Universities
- Federal, State and Local Governments