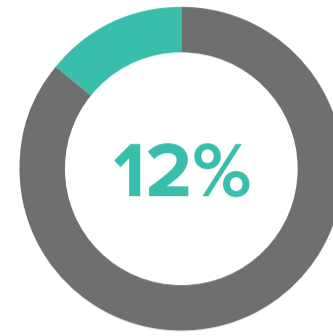


THE BENEFITS OF WORKPLACE WELLNESS PROGRAMS THAT INCLUDE HEALTH COACHES



WHO IS A HEALTH COACH? WHY DO THEY MATTER?

A health coaching service provides access to qualified coaches that can help employees reach their health goals. These coaches are generally certified personal trainers, nutritionists, or nurses, and work closely with employees either on a one-on-one basis or in small groups.



Only 12% of adults in the United States have a high level of health literacy.

5 REASONS TO INCLUDE HEALTH COACHES IN YOUR WELLNESS PROGRAM

PERSONALIZED WELLNESS FOR ALL

Coaches work on a one-to-one basis or in small intimate groups to identify areas where healthy change is necessary.

01



ENCOURAGE GOALS & ACHIEVEMENT

A coach can ensure that goals are realistic and help employees create timelines within which these goals can be achieved.

03



IMPROVE OVERALL HEALTH & WELLBEING

Because of their closeness to every employee, wellness coaches are positioned to improve employee overall health and wellbeing.

05



02



INCREASE HEALTH LITERACY

Coaches ensure that employees can understand information about their health and improve symptoms through lifestyle management.

04



BOOST PROGRAM ENGAGEMENT

All employees who subscribe to the program can build a rapport of trust with their coach, which increases participation from employees.

HOW HEALTH COACHES BENEFIT THE EMPLOYER:

- Cost-savings for employee-related healthcare
- Productivity and increased morale
- Attracting high-quality employees
- Reducing employee turnover

Companies are reaping the financial benefits of lower healthcare costs, and a more connected workforce.

Learn more today!
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