

# PERSONAL & CORPORATE HEALTH MANAGEMENT



My Health Coach, Inc 2008

# Question?

Are sick care costs threatening your  
personal or corporate bottom line?

# My Health Coach, Inc

Personal and corporate health improvement programs designed to reduce disease risks and their associated costs.

# Program Goals

- Risk Factor Identification
- Determine Readiness to Change
- Targeted Intervention
- Goal Setting Based on Behavior & Lifestyle
- Decrease Disease & Injury Risks:
  - Cardiovascular
  - Diabetes
  - Cancer
  - Orthopaedic

# Expected Results

- Decrease employee sick care utilization
- Decrease absenteeism/presenteeism
- Decrease costs to employee/employer
- HR recruiting & retention tool
- Improved morale & productivity
- 2 to 1 ROI

# Current Trends

- Two trillion dollar annual sick care costs
- \$6,700 per person - \$4,200 average premium
- Double digit annual premium increases
- Premiums outpacing inflation 5 to 1
- Premiums outpacing wages 4 to 1
- 66% of Americans overweight
- 70% do not get adequate exercise
- Low back pain afflicts 80% of population
- 70% of costs are preventable
- Diabetes epidemic is here!

# Program Content

- Health Screening
  - Biometrics
  - Health Risk Assessment
- Health Risk Review
- Health Improvement Plan
- Health Coaching

# Health Risk Screening

- Biometrics
  - “Know Your Numbers”
    - blood pressure, cholesterol, glucose, BMI
- Health Risk Assessment (HRA)
  - Behavior & lifestyle related questionnaire
  - Educational tool for participants
  - Identifies readiness to change

# Health Risk Review

- Review Biometric Results – 1 on 1
- Identify “Risk Factors”
- Physician Referral?
- Wellness Scores
- Determine Intervention Interests

# Health Improvement Plan

- Establish Wellness Vision
- Targeted Interventions
  - Nutrition
  - Physical Activity
  - Stress Management
- Develop S.M.A.R.T. Goals
  - Behavior based

# Health Coaching

- Accountability
- Motivation & Encouragement
- Continual Education
- Goals are Dynamic

Healthier employees result in a  
healthier bottom line.

[www.myhealthcoachinfo.com](http://www.myhealthcoachinfo.com)

(863) 370-2727

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