

# HEALTH COACHING

IMPROVE EMPLOYEE HEALTH WHILE  
IMPROVING YOUR BOTTOM LINE



## DRIVE BEHAVIOR CHANGE & TREAT CHRONIC ILLNESS

Strategically engage your entire population by integrating both disease management to address immediate health problems, and lifestyle management to mitigate longer-term health risks. Boost engagement and simplify your program by giving your employees access to clinical experts & technology.

## OUR APPROACH

Our personalized approach means your employees get real results from real people. One-on-one connections create an environment where your employees feel supported and held accountable, helping them achieve better health and overall well-being.

### OUR CLINICAL PROVIDERS ARE EXPERTS IN COACHING ON:

- Lifestyle & Weight Management
- Disease Management
- Stress & Anxiety
- Hypertension
- Diabetes
- Tobacco and More!

### PROGRAM CAPABILITIES

- Customized program communication & promotion
- Motivational interviewing & goal setting
- Care gap management and care navigation
- Integrated technology & engagement tools
- Access to digital platform: incentive tracking, challenges, provider messaging, online appointment scheduling and more.



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## BENEFITS

- 51% Lower Turnover** (Gallup)
- 66% Decrease in sick leave** (Forbes)
- 43% More Productivity** (Hay Group)
- 33% Higher Profitability** (Gallup)



## ANALYSIS & REPORTING



Participation  
& compliance  
tracking



Engagement  
& incentive  
tracking



Quality  
metrics &  
managing  
gaps in care



Aggregate  
baseline &  
comparison  
reporting

## TESTIMONIALS

"Our groups engaging with TargetCare for coaching have seen measurable health improvements. The detailed reporting they provide allows us to see not only those positive changes, but also the areas of opportunity which we want to prioritize. TargetCare is a vendor we can have full confidence in bringing to our clients."

■ Division Manager, Marsh & McLennan Agency

"I'm so thankful for the support I receive from my health coaching visits. The positive feedback keeps me motivated."

■ Employee, People's Bank

"Our health coach has been absolutely amazing! I'm so excited to do my screening this week and see her soon because we talked about getting started on a healthier lifestyle for me. She is so encouraging and helpful. I know I'm bragging on her all the time, but she really has helped me so, so much!"

■ Employee, Old Dominion Freight Line

"Not only has our employee made a positive connection with the provider, but the stress management program has spurred the employee toward getting engaged with health coaching too!"

■ Wellness Coordinator, Old Dominion Freight Line