



# Wellness coaching program

## Do you want to maximize your personal and professional potential?

Sanford Health Plan offers wellness coaching services to help members make sustainable lifestyle changes. The program aims to address the whole person and helps discover what it means to thrive in all six areas of well-being.

## What is wellness coaching?

- Wellness coaching is a tool for helping individuals achieve a higher level of well-being and performance in life and work. Sessions are conducted over the phone with a Sanford Health Plan Certified Health and Wellness Coach. The program consists of six or more weekly coaching sessions, each 30 minutes in length.
- The partnership between you and your coach promotes growth and movement toward your maximum personal and professional potential. You will work to define your “best self.”
- Wellness coaches work with you to increase your ability to change through:
  - Visioning
  - Goal setting
  - Accountability
- Your coach will be understanding and empathetic, but honest and direct.

## What happens during coaching sessions?

- Design compelling and engaging visions to inspire motivation
- Set goals to create lasting change
- Discuss personal strengths, barriers, motivation and strategies for change
- Develop and implement a plan to improve health and well-being
- Look at the six dimensions of well-being: career, community, social, financial, physical and emotional

Your individual wellness plans are never shared with your employer.



**For questions, or to schedule your first wellness coaching session, contact:**

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