

# Wellness Health Coach

*A unique personal support program designed to improve health and lower risk factors that could lead to significant medical expenses if left unmanaged.*

The program is focused on prevention - helping people discover and change their health risks. The program's goal is to provide important health and wellness information about individual health needs to improve quality of life.

## **Personalized phone lifestyle counseling**

- Develop relationship with one coach
- Case based coaching

## **Online resources that are usable**

- Assessments and health lessons
- Interactive educational library
- Vast resources & opportunities

## **Integrates with Wellness Inc.**

- Data and systems are leveraged to identify individual health risk factors

## **Motivating and effective materials**

- Educates on ways to improve health
- Encourages better health habits
- Provides behavior based counseling
- Motivates participants to reach goals
- Makes the process simple and fun
- Reduces overall healthcare cost
- Increases employee productivity
- Improves morale
- Integrates with other benefits



## Wellness Health Coach

100%

of those who complete the Health Power Profile Questionnaire will have access to case based coaching and the PHD Network for risk reduction.

40%

of the unhealthiest participants are actively contacted with an outbound letter and invited to improve health and lower risk factors that could lead to significant medical expenses if left unmanaged.

Coaches are registered nurses with 5+ years of experience. Coaches can counsel all levels of risk and health status. Standard protocols ensure consistent advice by coaches. Coaches review screening results and help the participant develop a program tailored to meet individual needs based on specific risk factors for a variety of health concerns. Coaches help initiate a behavior change process, assist in tracking and measuring change, and provide an accountability partner for each individual.





# Wellness Health Coach

powered by **WELLNESS INC.**

## PHD Network

- Health Reports & Assessments
- My Health Lessons
- My Health Goals
- Logs & Trackers
- Self Care Resources
- Calculators
- My Health Coach
- PHD User Guide

### My Health Highlights

- Last Health Assessment: 1/21/2008
- Last Wellness Plan: Not Available
- Red Box Chart: 35
- Healthy Habit Points: 6
- Lessons Completed VTD: 0

- ### My PHD Lesson Plan
- [Exercise](#)
  - [Health Education](#)
  - [Nutrition](#)
  - [Personal Development](#)
  - [Stress Management](#)
  - [Completed Lessons](#)

- ### Self Care Resources
- [Encyclopedia](#)
  - [Patient Reports](#)
  - [Medical Animations](#)
  - [Pregnancy Center](#)
  - [The Body Guide](#)
- Health Headlines

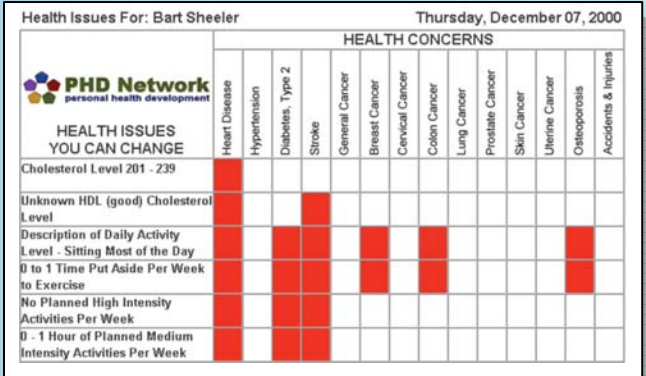
The PHD Network, is a **Health Management System** designed to help educate individuals about the long-term benefits of improving their overall health. These programs help individuals achieve personal health goals while helping organizations *reduce healthcare costs*.

**PHD Network**  
personal health development

Wellness Health Coach

In partnership with...  
**Duke Center for Living**  
DUKE UNIVERSITY HEALTH SYSTEM

The PHD Network is developed in partnership with Duke University Health System. The PHD Network provides high-caliber health information through a low-cost online delivery. Programs are individually tailored wellness programs and presented in a unique, interactive, and entertaining format.



**Employee Benefit Services**  
a division of Christian Brothers Services

# Wellness Health Coach

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Easy online scheduling  
 Call center technology  
 Coach tracking portal  
 Coach follow up

Your assigned coach is **Dianne Harris**. This coach's working hours are:  
 Monday, 6:30:00 PM - 8:00:00 PM  
 Tuesday, 6:30:00 PM - 8:00:00 PM  
 Wednesday, 6:00:00 PM - 8:00:00 PM  
 Thursday, 6:00:00 PM - 8:00:00 PM  
 Friday, 6:00:00 PM - 8:00:00 PM

Based on your health characteristics, please schedule 2 calls within one calendar year. You have calls scheduled for these dates:  
 2/13/2007

**Instructions**

- To schedule a coaching session, click on the day number you would like. Then choose a time convenient for you.
- To change months within this calendar, click on the month you would like to scroll to.
- You will receive an email confirmation of the appointment you schedule as well as email reminders of any upcoming coaching session.

Today    Coach's Available Day

| SEPTEMBER 2006 |     |     |     |     |     |     | OCTOBER |     |
|----------------|-----|-----|-----|-----|-----|-----|---------|-----|
| Sun            | Mon | Tue | Wed | Thu | Fri | Sat | Sun     | Mon |
|                | 27  | 28  | 29  | 30  | 1   | 2   |         |     |
| 3              | 4   | 5   | 6   | 7   | 8   | 9   |         |     |
| 10             | 11  | 12  | 13  | 14  | 15  | 16  |         |     |

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**My Living Well Plan**  
 Igniting the Power Within

Marilyn Crowder  
 02/01/08

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**My Living Well Plan**  
 Igniting the Power Within

Comprehensive Diabetes Control can help you live longer, healthier, and more active. This booklet provides information on how to manage your diabetes and reduce your risk for complications. It includes information on diet, exercise, and medication. It also includes information on how to work with your healthcare team to manage your diabetes.

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**A Message From Your Health Coach**

Dear Marilyn,

I am pleased to hear that you are taking steps to manage your diabetes. This is a great first step. I will be in touch with you soon to discuss your plan and how I can help you.

**Diabetes**

Diabetes is a chronic condition that affects the way your body uses blood sugar. It is caused by either not producing enough insulin or not using the insulin you produce effectively. There are two main types of diabetes: Type 1 and Type 2. Type 2 diabetes is the most common and is often associated with being overweight and having a family history of diabetes.

**Heart Disease**

Heart disease is a leading cause of death in the United States. It is caused by a buildup of plaque in the arteries, which can narrow the arteries and reduce blood flow to the heart. This can lead to a heart attack or stroke. Managing your diabetes can help reduce your risk of heart disease.

**CATEGORY:** Appointment

**TITLE:** MEFG

**PHONE:**

**EMAIL:** xxxxxxxxxxxx

**COACH:** Harris, Dianne

**DATE:** 10/27/2006

**APPT KEPT:** Yes

**PREFERRED TIME:** 6:30:00 PM

**APPROVED TIME:** 6:30:00 PM

**APPROVED:**  No  Yes

**DETAILS:** 10/27/06-1st coaching appt completed. Client is a 69 YO MWF with 9 grown children - all married. She works as a nurse for client. She has actively used the on-line system updating her HRA 7 times and has taken several classes. Her labs are all WNL. She has a HX of high cholesterol and HTN. She would like to decrease 20 lbs. She is very active in her community volunteering. She works out at the gym 3x/week and also takes classes (pilates/abs workout) at the local rec center.

**Save Changes**



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## My Health Lessons

**My Health Lessons**

Welcome to My Health Lessons. A personal health development program personalized just for you! The series of Lessons in your menu below have been selected based on the answers to your health assessment to help you better understand your current health issues and concerns. You can also view other health topics and lessons by clicking on the Lesson Library link below.

Enjoy!

[Expand All](#) | [Collapse All](#) | **R = Required**

| Lesson                               | Status  | Last Viewed |
|--------------------------------------|---|-------------|
| <a href="#">Exercise</a>             | You have 8 Exercise Lessons Remaining             |             |
| <a href="#">Health Education</a>     | You have 12 Health Education Lessons Remaining    |             |
| <a href="#">Nutrition</a>            | You have 11 Nutrition Lessons Remaining           |             |
| <a href="#">Personal Development</a> | You have 7 Personal Development Lessons Remaining |             |
| <a href="#">Stress Management</a>    | You have 9 Stress Management Lessons Remaining    |             |
| <a href="#">Completed</a>            |   |             |

View Certificate      Date Completed      Lessons Completed

Total Lessons Completed: 0

## Personal Health Summary Report

**Demo User Personal Health Summary Report February 4, 2008**

| Key "Modifiable" Health Issues   | 2008   | 2007   | 2006  | 2005   | 2004   | Comments  |
|--|--------|--------|---|--------|--------|---|
| Number of Modifiable Health Issues/Concerns  |        |        |   |        |        |   |
| Heart Disease  | 8      | 0      | 0   | 0      | 0      |   |
| Hypertension   | 2      | 0      | 0   | 0      | 0      |   |
| Diabetes   | 1      | 0      | 0   | 0      | 0      |   |
| Stroke   | 8      | 0      | 0   | 0      | 0      | To lower your total number of areas of health concerns, focus on your health issues You Can Change. |
| Cancer   | 11     | 0      | 0   | 0      | 0      | <a href="#">View Back Chart</a>   |
| Depression   | 5      | 0      | 0   | 0      | 0      |   |
| Accidents and Injury   | 2      | 0      | 0   | 0      | 0      |   |
| Tobacco  | 35     | 0      | 0   | 0      | 0      |   |
| Based on your modifiable health issues You Can Change  |        |        |   |        |        |   |
| Physical Status / Biometric Lab Values   |        |        |   |        |        |   |
|  | 2008   | 2007   | 2006  | 2005   | 2004   | Range      Action   |
| Key Individual Health Measurements   |        |        |   |        |        |   |
| BMI  | 23.87  | --     | --  | --     | --     | <25      In Range   |
| Blood Pressure   | 110/70 | 110/70 | 110/70  | 110/70 | 110/70 | <120 / <80      In Range  |
| Cholesterol  | --     | --     | --  | --     | --     | <200      In Range  |
| HDL  | 37     | --     | --  | --     | --     | >43      Need to Raise  |
| Triglycerides  | 133    | --     | --  | --     | --     | <150      In Range  |
| Glucose  | 98     | --     | --  | --     | --     | <126      In Range  |
| PHD Healthy Habit Points™  |        |        |   |        |        |   |
|  | 2008   | 2007   | 2006  | 2005   | 2004   | Point Scale/Possible Points   |
| Key Health / Lifestyle Issues  |        |        |   |        |        |   |
| Physical Status / Lab Values   |        | 17     | 0   | 0      | 0      | 0   |
| Lifestyle  |        | -2     | 0   | 0      | 0      | 0   |
| Nutrition  |        | -16    | 0   | 0      | 0      | 0   |
| Stress Management & Depression   |        | 4      | 0   | 0      | 0      | 0   |
| Exercise   |        | 11     | 0   | 0      | 0      | 0   |
| My PHD Healthy Habit Points™   |        | 0      | 0   | 0      | 0      | 0   |
| Total # Points Earned by Health Category   |        |        |   |        |        |   |
| Physical Status / Lab Values   |        | 17     | 0   | 0      | 0      | 0   |
| Lifestyle  |        | -2     | 0   | 0      | 0      | 0   |
| Nutrition  |        | -16    | 0   | 0      | 0      | 0   |
| Stress Management & Depression   |        | 4      | 0   | 0      | 0      | 0   |
| Exercise   |        | 11     | 0   | 0      | 0      | 0   |
| My PHD Healthy Habit Points™   |        | 0      | 0   | 0      | 0      | 0   |
| See the Healthy Habit Points Scale and Possible Points for each Health / Lifestyle Issue. <a href="#">View Point Scale</a>   |        |        |   |        |        |   |
| Note: Your PHD Healthy Habit Points are a numeric representation only. The accumulation of points is designed for general comparison only and is not meant to be an indicator of overall health. See a physician or health care professional to review any questions you may have about your lab reports, specific health conditions or questions about your overall health. |        |        |   |        |        |   |
| Individual Healthy Habits and Areas of Concern   |        |        |   |        |        |   |
| Current Healthy Habits:  |        |        | Areas of Concern / Suggestions for Improvement:   |        |        |   |
| <ul style="list-style-type: none"> <li>Exercise (gtd)</li> <li>Stress Management</li> </ul>  |        |        | <ul style="list-style-type: none"> <li>Smoking habits</li> <li>Diagnosis of health care conditions</li> </ul> |        |        |   |

**Wellness Health Coach**

**The PHD Network**

**Congratulations! You have completed this lesson.**

Click "Back" below to view the last page again or click "Exit" to return to Your Menu.

PHD HELP    RESTART    12 of 12    BACK    REPEAT    EXIT

**PHD Certificate**

ActivHealth.com is pleased to present this

**PHD Network**

Certificate of Completion

to

Demo User

for

Completion of 1 PHD Network Lesson

\*How Does Exercise Affect My Cholesterol

Awarded February 04, 2008

[Click here to return to Health Lessons](#)

## Lesson Completion & Lesson Certificate

## My Wellness Plan

**My Wellness Plan for Demo User**

Enter the primary Areas of Health Concern (up to three) you want to work on here.

**Diabetes**  
**Heart Disease**  
**Hypertension**

Select three Personal Goals based on your areas of health concern listed above.

**Begin an exercise program**  
**Lower my Blood Pressure**  
**Lower my cholesterol**

Select at least three Online Lessons you plan to complete that are related to your personal goals.

**\*Changing Behavior: How Is It Done?**  
**\*Management of Heart Disease and Exercise**  
**\*Managing Hypertension with Exercise**






Identify the Local/Community Resources (up to three) you will use to achieve your personal goals.

**Contact / enroll in a diabetes management program**  
**Join a Gym / Fitness Club / YMCA**  
**Schedule an appointment with a Physician**

Identify the Tracking Tools (up to three) you'll use to track your progress over time.

**Exercise Chart / Worksheets**  
**Online Blood Pressure Log**  
**Online Exercise Log**

## Logs and Trackers

|   |   |
|---|---|
|  <b>Exercise Log</b>                 | The Exercise Log tracks your physical activity. Enter your information in the date field and simple drop down box selections for Flexibility, Cardiovascular Exercise, and Strength Training. The Exercise Log stores your information for reports in both a Month detail and Year summary view.              |
|  <b>Food Diary Nutrition Tracker</b> | The Food Diary -- Nutrition Tracker tracks meals by type, portion and calories. If you are dieting, there is no need to carry around a Calorie, Fat and Carbohydrate Counter -- all of the information you need about virtually any type of food is right here at your fingertips.                            |
|  <b>Blood Sugar Log</b>              | The Blood Sugar Log permits daily tracking of Glucose levels and periodic entry of HbA1c levels for patients with diabetes who track their lab results from quarter to quarter. It also serves as a great reminder for patients with diabetes to schedule and track visits to your physician and specialists. |
|  <b>Blood Pressure Log</b>           | The Blood Pressure Log tracks both Systolic and Diastolic blood pressure levels as compared to normal ranges. You can also view the chart to see how you are managing your pressure over time.  |
|  <b>Cholesterol Log</b>              | The Cholesterol Log tracks your blood lipids, including Cholesterol, LDL, HDL, and Triglycerides. The chart allows you to compare yourself to the normal range.   |