



## BRING OUR WELLNESS COACHES TO WORK FOR YOU

Deploying wellness coaches to workplaces throughout America



**Wellness  
Coaches USA**  
Improving health in the workplace . . . face to face



## **WELLNESS COACHES USA: FINALLY, WORKPLACE WELLNESS THAT REALLY PRODUCES!**

The most improvement for the most people: our unique approach produces the highest possible employee participation in wellness--95% or higher--and "best-in-class" improvement in employee population health risks.

### *The keys to our success:*

**Workplace Deployment** We take wellness directly to employees in the workplace. We don't just hope that they'll come to us — we go to them, regularly and continuously, maintaining their engagement with us over the long term necessary to accomplish and sustain behavior change.

**Participation** We get virtually all employees involved. By comparison, no matter how effective, way too few employees participate in online and telephonic wellness resources.

### **Face-to-Face Wellness Coaching**

We provide the very personal, customized support that is so necessary to help people improve their lives — not impersonal, remote, inflexible, pre-packaged support — rather, support provided to each employee according to their needs, consistent with the way they learn and live their lives.

### **Comprehensive and Seamless**

We provide all of the essential educational, motivational, testing and supportive components of wellness through an integrated and centralized process led onsite by our Wellness Coaches.

**“Our Wellness Coaches are advisors, counselors, educators, supporters, planners and motivators...but more than anything else, they are caring friends. They won't tell your employees what to do. Instead, they will build their self-confidence and self-efficacy so that each one accepts responsibility for making the lifestyle changes that are important to them in their own lives.”**

~ JAY W. VANDEGRIFT JR. | PRESIDENT, WELLNESS COACHES USA



**WELLNESS COACHES USA** | The pioneer and leading national provider of “onsite coach powered” workplace wellness

“Onsite coach powered” means we take workplace wellness coaching directly to employees. We do so by strategically deploying our team of Wellness Coaches to workplaces throughout America to personally coach them, one-on-one and face-to-face, to improved health behaviors and health status.

**OUR WELLNESS COACHES** | The special, caring individuals who support your employee’s efforts to improve their lifestyles, their health, and their lives

Individually, we know that our health status is driven by the way we lead our lives and by the daily choices we make...but very few of us, on our own, make the lifestyle changes necessary to optimize our health.

The reality is that we can’t just know how to do things differently; or want to do things differently; we actually have to receive support in behaving differently.

That’s what our Coaches provide...personal, one-on-one, individualized and continuous support in taking action to change and improve risky lifestyle behaviors...moving employees, each at their own pace and according to their own personal and unique needs, through the stages of change to sustained behavior and health improvement.

**WORKPLACE DEPLOYMENT** | The missing link in workplace wellness

Wellness only works for those who participate and engage. Unfortunately, waiting for employees to come to us, or hoping they’ll engage with us telephonically, access us through the internet, or attend a group seminar just doesn’t get the job done. That’s the great wellness challenge...getting enough employees involved, and involved long enough, to really make a difference.

We’ve conquered this challenge by taking wellness and wellness coaching directly to employees in the workplace. We don’t wait for employees to come to us.

Our Wellness Coaches go to employees where they work (on a regularly scheduled basis), and continuously and proactively interact with them during rotating rounds throughout the workplace. By doing so, we make wellness and wellness coaching accessible enough, personal enough, convenient enough, visible enough, and easy enough so that virtually all employees engage with us in our continuous process of personal health improvement.

~Our Mission is to help employers throughout the country help their employees improve and control those risky conditions (i.e. high blood pressure and cholesterol, stress, etc.) and risky lifestyle behaviors (i.e. physical inactivity, smoking, poor nutrition and eating habits, etc.) which inevitably lead to chronic illness and disease (i.e. cardiovascular disease, diabetes, etc.).

~Our coaching process is confidential, turn-key, customized for each of our customers, and integrated with their existing employee wellness and health resources, activities, and programs.

~Our coaching progression – first, establish trusting relationships; then educate and motivate; build self-confidence; plan and set goals; monitor and adjust; finally, support lasting behavior and health improvement.



Improving employee health through workplace wellness initiatives has become a national business imperative and fundamental business concern for virtually all employers. Wellness Coaches USA, in response to these market forces, has pioneered, and become the leading national provider of "coach powered wellness," an innovative, timely and uniquely powerful approach to workplace wellness services.

Our services are appropriate for virtually all business classifications, including manufacturing, distribution, transportation, government, office, construction, hospitals, nursing homes, and hospitality. We provide our services to employers of all sizes (from 100 lives to thousands); from city governments, to large national employers, to smaller regional and local employers; in every geographic area in the country.

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