THE COMPSYCH DIFFERENCE
› Customized health planning reinforced with online tools
› Certified wellness coaches who are trained experts in nutrition, exercise and behavior change
› Personalized coaching and goal setting—with the same coach each session
› Unlimited inbound calls to health coaches

HealthyGuidance® Weight Management

Improving Employee Health Through Weight Management, Nutrition and Exercise Coaching

With 65 percent of Americans overweight or obese, weight loss, nutrition and exercise should be top health care concerns. ComPsych HealthyGuidance has several tools to help. In addition to our online tools for creating healthy menus and customized exercise plans, employees also can access our telephonic health coaching program. Our certified wellness coaches are trained experts in nutrition, exercise and behavior change.

HealthyGuidance wellness coaching is collaborative and supportive. Behavior change is not easy, but our coaches support and guide the employee through the process. Making small changes and defining realistic goals are the best strategies for improved health. With the same personal coach on each call, we work with each employee to design a personalized plan and reach personal health goals.

Call One: Defining Goals and Process
The three main objectives of this call are to introduce the employee to the coaching process, establish trust in the coaching relationship and determine the health area of focus. The coach answers any questions and works with the employee to determine what area of health improvement they would like to start on. The coach helps establish parameters so that the agreed goal is specific, actionable and attainable. The coach gathers a health history and reviews the employee’s health assessment, if available, to understand the participant’s current health status, establish the health goal and develop strategies for success. The coach and participant discuss available health assessment information, such as the overall wellness score, four health habits
About ComPsych

ComPsych\textsuperscript{\textregistered} Corporation is the world's largest provider of employee assistance programs (EAP) and is the pioneer and worldwide leader of fully integrated EAP, behavioral health, wellness, work-life, HR, FMLA and absence management services under its GuidanceResources\textsuperscript{\textregistered} brand. ComPsych provides services to more than 29,000 organizations covering more than 78 million individuals throughout the U.S. and over 130 countries. By creating "Build-to-Suit" programs, ComPsych helps employers attract and retain employees, increase employee productivity and improve overall health and well-being.