

How to prepare for your health coaching session

Health Coaching helps build confidence to support sustainable, healthy lifestyle changes. Your coach will work with you on what's important to you. To prepare for your ActiveHealth Health Coaching Session we recommend you come prepared with the following to your first appointment:

- Complete your health risk assessment on myactivehealth.com/stateofindiana and come prepared to discuss your results and action items with your health coach.
- Bring your most recent biometric screening results or lab results from your physician.
- Select an area of your health that you would like to focus on that could include:
 - Improving your physical activity/fitness level
 - Enhancing your overall diet/nutrition intake
 - Reducing your risk factors for diabetes
 - Reducing your risk factors for high blood pressure
 - Reducing your risk factors for metabolic syndrome
 - Improving your sleep
 - Managing your stress
 - Quitting tobacco products
 - Reaching or maintaining a healthy weight
 - General health education
- Understand the role of your health coach and your role as a participant in health coaching to get the most out of your sessions:

Health Coach Expectations

As your health coach I will work with you to provide guidance, resources, support and accountability, including:

- Encouraging you to set realistic and achievable goals
- Asking questions to help guide you to find your own solutions
- Providing education, advice, and giving feedback when needed
- Helping you to identify and plan for barriers and challenges that may obstruct your plan and goals
- Encouraging you to identify your vision of wellbeing and what motivates you
- Connecting you to appropriate resources if you have a concern or question outside of my scope

Participant Expectations

As a participant in a coaching partnership you are making a commitment to your health and wellbeing, including:

- Readiness to invest time and take action to make improvements in your health and wellbeing
- Choosing one key area of focus from the above list
- Setting small, realistic lifestyle goal(s) at each visit
 - Example: "Starting today, I will begin walking 3 days a week for 30 minutes until my next coaching appointment"
- Taking responsibility for meeting, or progressing towards my lifestyle goal
- Willingness to be open and honest with myself and my health coach
- Honoring your appoint time and rescheduling your appointment if needed with appropriate notice

Also, start to think about how you would answer the following:

I'm at my best health when:

My well-being is important because:

SAFETY GUIDELINES 2021: In preparation for onsite health coaching visits when your location is ready, we wanted to share the following updates on how ActiveHealth will move forward with in-person coaching sessions.

Here are some updates on our process to keep our team, you and your employees safe:

1. Onsite Health Coach will wear a facemask during onsite visits and maintain a 6-foot distance during coaching sessions.
2. Employees are encouraged to wear facemasks as well and should maintain a 6-foot distance during coaching sessions.
3. Coaching sessions should be in a location where 6 feet can be maintained during the coaching session between the onsite health coach and employee.
4. Health Coach will wipe down table and chair when possible with sanitizing wipes between coaching sessions.
5. Health Coach and employee will not have any physical contact such as hand shaking during the coaching session.
6. If our health coach feels ill or has come into contact with someone who has been diagnosed with COVID-19 and was not wearing personal protective gear, they will remain home and complete coaching session virtually as they are able to.
7. If employee feels ill or has come into contact with someone who has been diagnosed with COVID-19 and was not wearing personal protective gear, they need to complete coaching sessions virtually.
8. We will still require a minimum of 5 health coaching sign-ups for an in-office visit to come to your location for Onsite Face-to-Face Health Coaching.
9. If the minimum is not met or the site prefers virtual coaching, the coach will continue to provide virtual coaching sessions.
10. Virtual coaching sessions can either be conducted telephonically or via video using our WebEx platform. Employee needs to make sure they have the technology necessary to conduct a video coaching call if they opt to do video coaching including a computer, smartphone or tablet with a camera and the ability to download the WebEx app or software from their computers.
11. Video coaching is not required and will be determined between the employee and the health coach if that is the best option.