STAYWELL®

New Year, New You – Goal Setting and Coaching Programs

benefit

be well. work well. live well.

2019 | Created by Krista Muell| Strategic Account Executive

Agenda

- State of South Dakota – beneFIT wellness overview
- Personal Goal Setting
- StayWell Coaching experience
- StayWell Self-Directed Coaching
- MORE Programs available to support you!

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Personal Goal Setting

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Your Wellness Vision

Decide on your “Wellness Vision”

This is a long-term goal, where do you see yourself 6 months to 1 year?

- I will add fruits and vegetables to all meals
- I will complete a 5k in 2019
- I will write down three things I am thankful for each night

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Goal Setting Tips

- **Choose obtainable goals** – Are you ready to take action?
- **Stay Motivated**! - Be excited to begin.
- **Get committed!** - Share your goal with others.
- **Reward yourself!** - You deserve it.

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Find Motivation

- Ask yourself…
  - “How motivated am I on a scale of 1 to 10 to make this change?”
  - “What will motivate me and keep me moving towards this goal?”
  - “What reward will I receive at the end?”

SMART Goals

SMART goals are set to increase changes of success…

- What, where, how, when
- Quantifiable
- Uses change assessment tools
- Focuses on participant's motivations and intrinsic rewards
- Timeframe to reach or achieve

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SMART Goals_Example 1

SMART goals are set to increase changes of success…

- Eat 3-6 servings of fruit and vegetables each day
- Breakfast - include protein and 2 fruit/vegetables
- Pack my lunch, include 3 fruits/vegetables (make night before)
- Dinner – include 3-4 fruits and vegetables
- Yes, I currently eat 3 servings/day or I am not eating any fruits and veggies
- At 3 weeks = new book
- At 6 weeks = movie with popcorn
- At 12 weeks = A new outfit
- Monthly check in with Health Coach
- Daily tracking of meals
- Meal plan/prep

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SMART Goals_Example 2

SMART goals are set to increase changes of success…

- Complete a 5k (3.1 miles) race, May 11, 2019 (Sioux Falls)
- Follow the Couch to 5k training daily app schedule
- I can currently walk 2 miles.
- Coffee with Dawn when I run 1 mile during training
- Pedicure when I run 2 miles (invite a friend to join me)
- Massage after I *complete* the race
- Record daily progress within app to review my progress
- Weekly check in with Dawn

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You are not alone…We are here to help!

StayWell Telephonic Health Coaching

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Our Health Coaching Philosophy

- The role of the lifestyle Health Coach is to help the participants they serve change their behavior and their lives.
- Coaches use the tools of motivational interviewing and stages of change to help participants set SMART goals and develop realistic plans to help them achieve healthy behavior change.
- Coaches personalize and tailor all conversations to the individual participant.
- A coaching conversation guide is used as a tool to help coaches keep conversations participant centered, collaborative, professional and respectful of the participants' views, interests, opinions and motivations.

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8 Lifestyle Management (LM) Coaching Topics

- Back Care
- Weight Management
- Nutrition
- Physical Activity
- Blood Pressure
- Cholesterol
- Stress Management
- Tobacco Cessation

“ Working with a health coach helped him become more aware of his daily habits that were contributing to his weight struggles”
- State of South Dakota participant

“Discussions with his health coach centered on using small steps to gradually bring down the amount of soda he drank per day rather than cutting them out…… Not only did he successfully reduce the number of sodas he drank daily from up to five to no more than three, he reduced his weight and cholesterol.”
-State pf State Dakota participant

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Lifestyle Management Health Coaching

EXPERIENCE

- StayWell coaches boast between four and 25 years of experience
- 37 percent of our coaches have advanced degrees
- The coaches have on-going, bi-monthly trainings

4 to 25
years of experience

COLLABORATION

- Primary coach is a trusted partner
- Coaches help participants set personal health goals and determine right-sized, realistic steps for making and sustaining change
- Goals include reducing health risks, improving condition control, and decreasing complications

Our coaching team includes:

- Registered Nurses
- Dietitians
- Exercise Physiologists
- Health Educators
- Clinical and Counseling Psychologists
- Chiropractors
- Social Workers

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By the Numbers

15 lbs.
Avg lbs. lost for participants in a weight focused coaching program

42.3%
Of participants in nutrition focused health coaching increase their the number of vegetable servings/day

3 coaching calls
50% of obese participants reduced their BMI by 5% or more when completing a minimum of three calls of weigh-focused health coaching program

28%
Of participants in a nutrition focused health coaching program decreased the average number of fried or high-fat food servings

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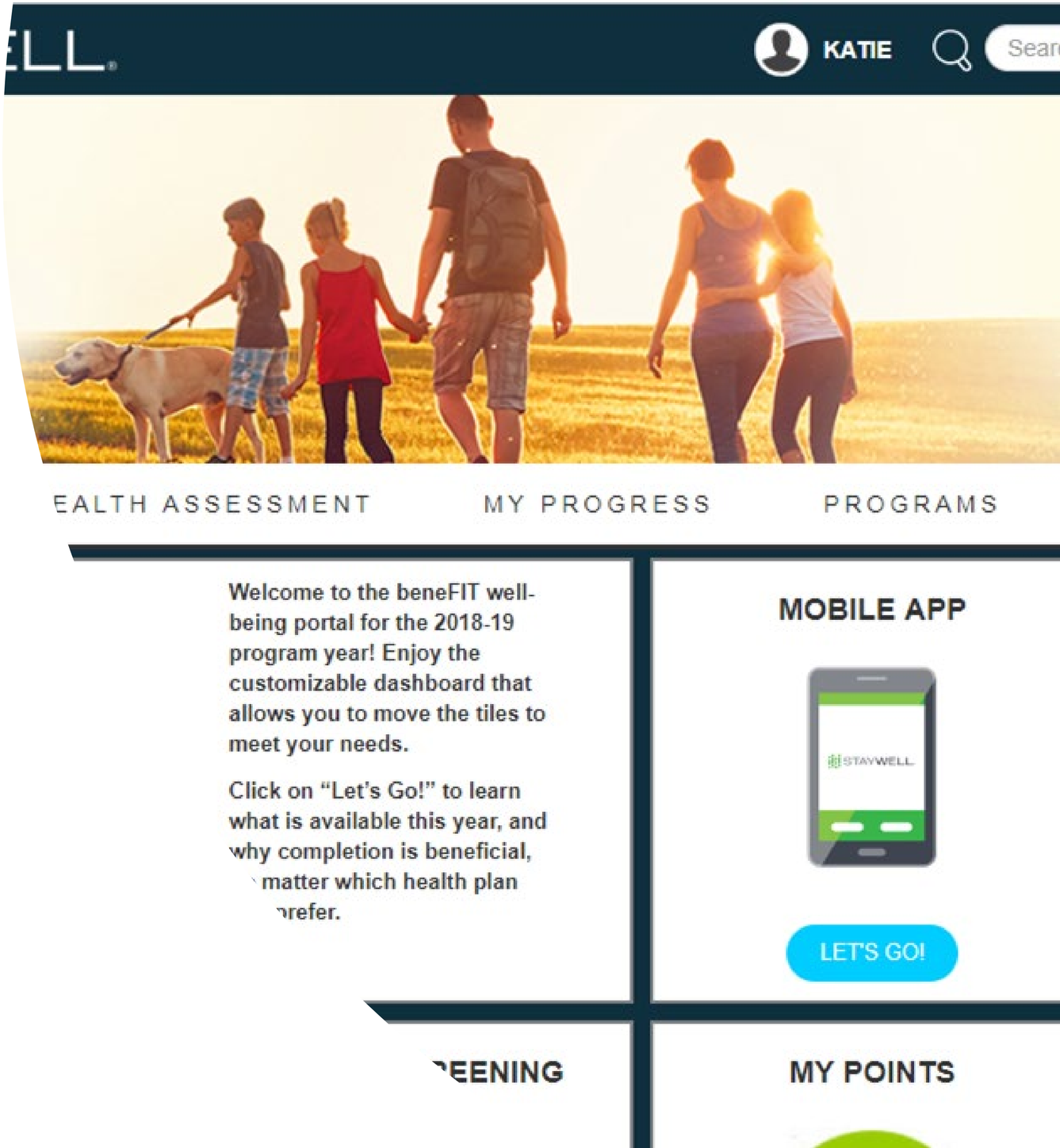
How to Get Started:

YOU can register into coaching three different ways:

- First it is always recommended to take the online health assessment.
- Online at **benefit.staywell.com** once the HA is complete look for the invitation for recommended programs.
- Calling into HelpLine: **1-800-721-2749**
- There are also select calls placed to your home to assist in coaching registration.



Prefer to work on your own?

Online Self-Directed Coaching

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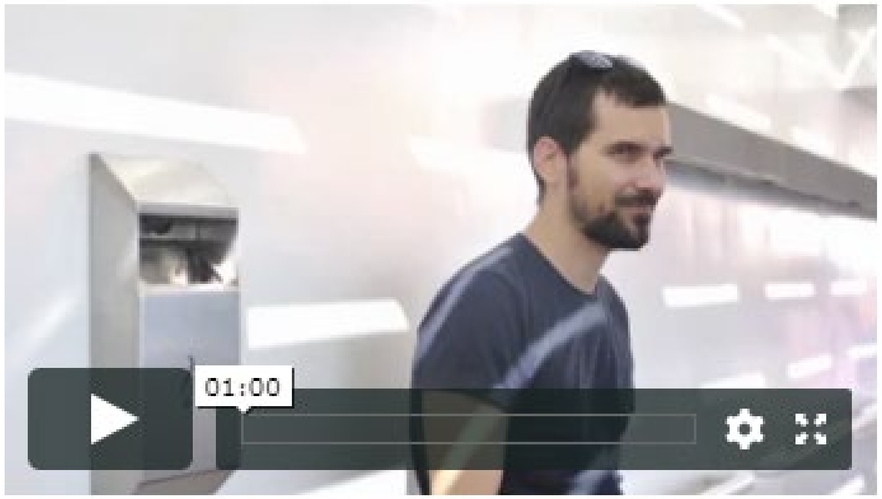
Self-Directed Coaching

Online program developed by health coaches with 10+ years of experience in their area of expertise.

7 topics:

- Eat Well
- Move More
- Control Weight
- Stress Less
- Smoke Free
- Sleep Tight
- Back Care



What is Self-Directed Coaching?

What motivates you? What gets you going? Use Self-Directed Coaching to get you started on your journey to wellness.

LET'S GO!

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Self-Directed Coaching Structure:

Each topic includes five activities broken down into the following structure:

- **Learn** – These modules will help the participant gain valuable information about the topic. The goal is to give the participant the knowledge needed to develop skills.
- **Plan** – These modules will help the participant test their understanding of what they learned.
- **Use** – These modules provide tools equipping the participant to use the skills and knowledge they have acquired. These tools range from setting a goal to tracking a metric.

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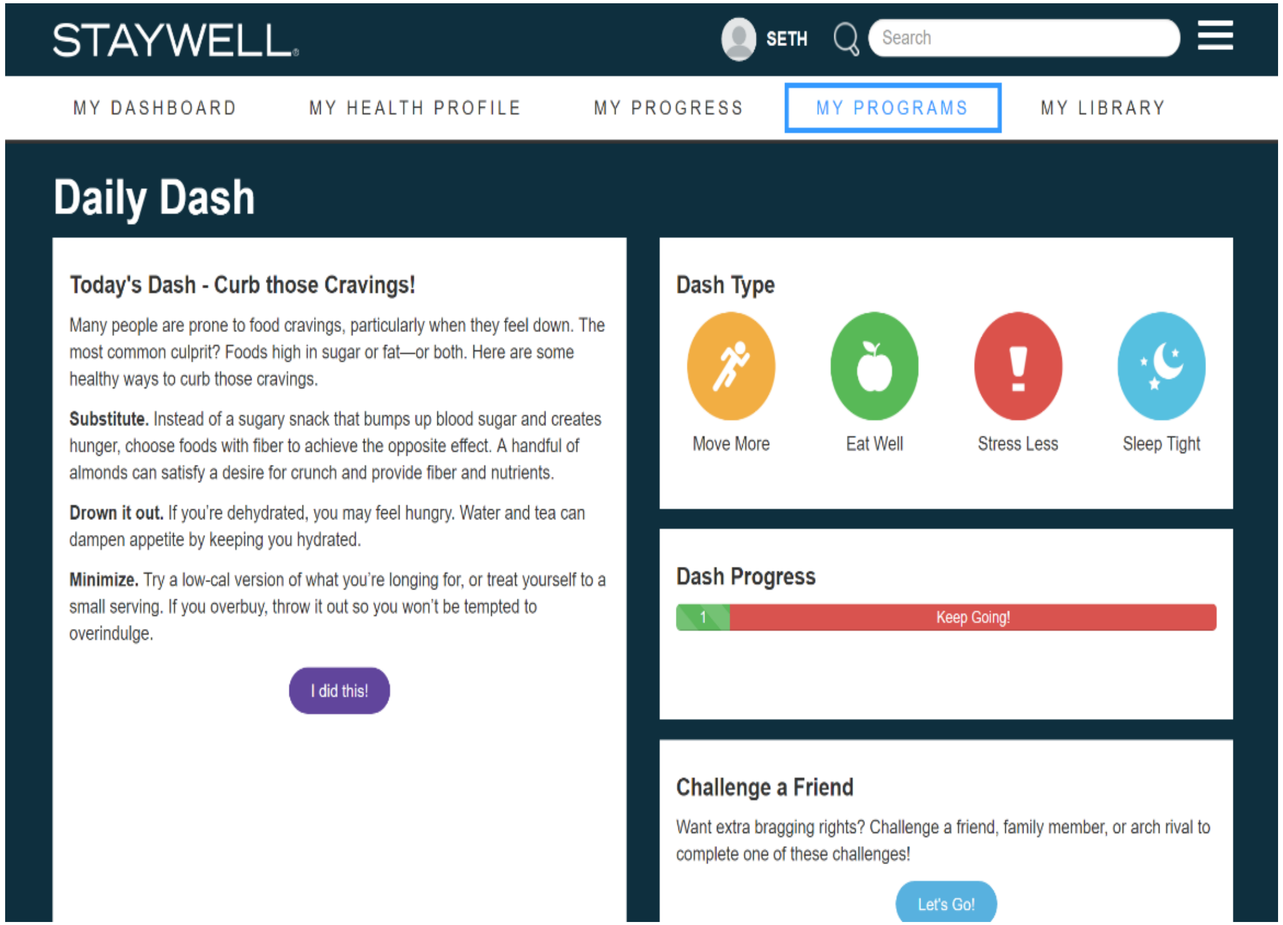
Daily Dash

- Daily choice between 4 topics:
- Move More, Eat Well, Stress Less, Sleep Tight
- Daily reminder email
- Challenge a friend
- Simple and Fun



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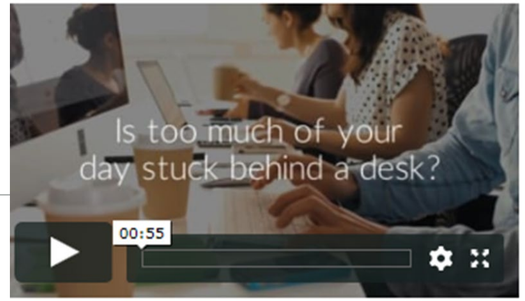
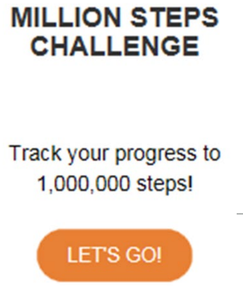
Million Step Challenge

- Daily, Weekly, Monthly progress tracking
- Device Integration
- Earn Badges
- Daily Polls
- Engage with co-workers





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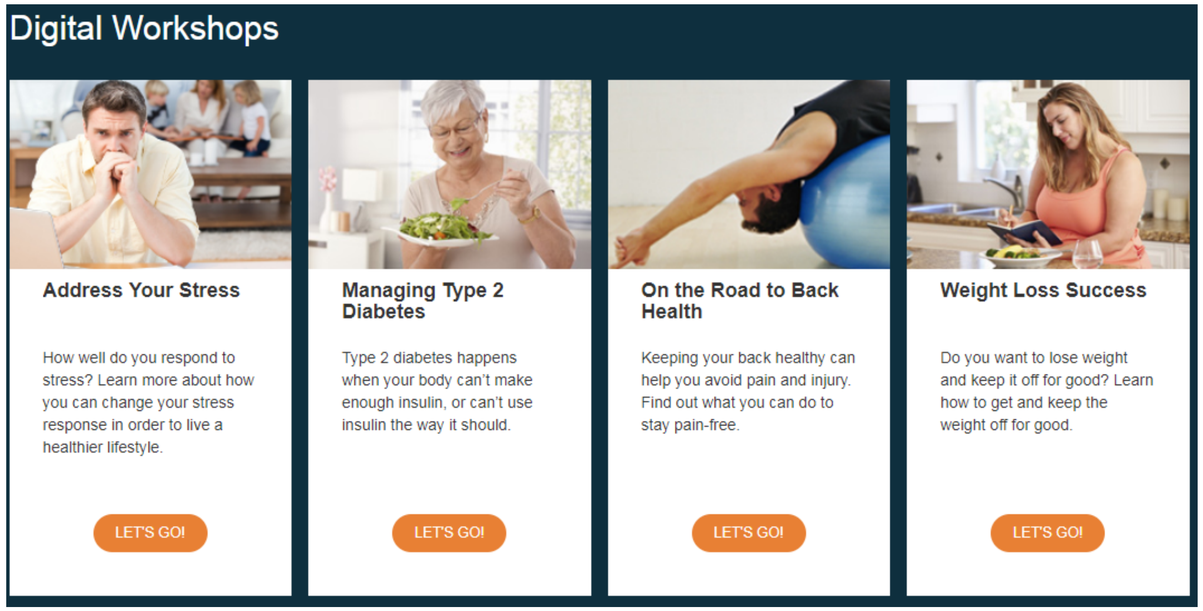
Digital Workshops

- 4 topics:
- Stress, Type 2 Diabetes, Back Health, Weight loss
- Interactive and educational
- Article, Video, Quiz
- Complete in 15 minutes



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Setting goals is the first step in turning the invisible into the visible.
Tony Robbins
BrainyQuote

Be the Best YOU in 2019!

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