

Per-participant Health **Coaching** Programs

Short-term 6-session programs get members on the fast track to meeting their goals

Health programs are offered in addition to standard monthly health coaching, and designed to help employees meet specific health goals. Extended support programs for 12 weeks and 6 months post-health program completion offered as well. Programs are available in both English and Spanish.



First5 Weight Loss and Management Program

First5 is a sensible and easy-to-follow weight loss program. First5 focuses on getting members on the right track to lose those tough first 5 pounds in 6 sessions or 6 weeks.

Average weight loss for members who have completed the program and lost weight has ranged from 5.3 - 9.2 pounds over the course of the program for different employers. Program guide and educational resources included.



First5 Plus Fitness

First5 Plus Fitness combines the power of the highly effective weight loss program with a 6-week walking challenge (fitness device strongly recommended). Employees see better results when they are engaged in consistent exercise as they lose weight, and these

2 programs in tandem get people energized and moving daily in a competitively friendly way.



Tobacco Cessation Program

The Orthus Health Tobacco Cessation Program meets your employees wherever they are in the quitting process—from just thinking about it to almost there. Each health coach tailors the program to match an employee's unique personality and learning style to help

employees quit and stay tobacco free. Participants use interactive web tools, as well as phone and online coaching support. The reasons individuals have for quitting tobacco are as personal and unique as the reasons for starting in the first place. Health coaches are accommodating and flexible in working with employees in scheduling convenient times. Program guide, tobacco journal, and crave journal included.



Injury and Disease Prevention

As weight increases, individuals lose muscular strength putting them at greater risk for injury due to slips, falls, and more. This program focuses on developing strength, flexibility, and endurance, and as a result of improved lean muscle mass. Coaches

will guide members in proper exercise technique, and work with members on a program that interests, inspires, and delivers results. Members who also want to lose weight will be guided in doing so in a healthy manner based on their goals. Exercise templates available as per exercise prescription and/or results of Physical Strength Risk Assessment™.



Prehypertension health management program

The 6-session coaching program educates and supports members with blood pressure readings that are higher than normal but not high enough to be diagnosed with hypertension. The program explains prehypertension in a way that is easy to understand to get participants comfortable asking questions of their health care providers. Covering symptoms, risk factors and causes of the condition, the Orthus Health prehypertension program focuses on healthy lifestyle changes that can help improve blood pressure readings. Program guide included.



Prediabetes health management program

This health coaching program educates, helps reduce risk, identifies barriers, and supports members who have a fasting blood sugar reading that is higher than normal but not high enough to be diagnosed with diabetes. As prediabetes is a warning sign to individuals they may develop type 2 diabetes in the future, this program offers important preventive information and guidance. Program guide included.



Stress management program

Over the course of 6 sessions, participants address the source of their stress and learn coping strategies with the support of their dedicated health coach to meet their stress-reduction goals. Stress impacts health in many ways, and while eliminating all stress from life is impossible, learning to recognize the signs and manage it is an important step to helping members prevent the negative effects on their health. Managing stress at work and making necessary lifestyle changes are an integral part of the program. Program guide included.



Cholesterol management program

Members will consider their risk factors associated with not having enough good cholesterol (HDL), as well as the impact of high bad cholesterol (LDL), and triglycerides. This program is designed to educate on cholesterol, risk, eating a heart healthy diet, creating goals, and exercising, to support members in lowering risk for certain chronic diseases and conditions.

Group Health Coaching

Led by an experienced health coach, Orthus Health facilitates interactive group discussions via webinar to enable members to share their ideas, celebrate successes together, hold each other accountable, and work as a team to overcome challenges. It includes two 30-minute interactive webinar sessions on a given topic, and handouts will be provided in advance, whenever possible. Note: Sessions are based on the population at hand and tailored to the unique needs of each group as determined by screening results.



All stand-alone health coaching programs are available in English and Spanish. For detailed information any value-add program, please call **800.550.2427** or email Info@orthushealth.com.