

COACHING

for Oneida Health
Plan Employees

COACHING



What is Wellness Coaching?

A partnership with a coach, providing the structure, accountability, expertise, and inspiration to enable you to learn, grow, and develop beyond what you can do alone.

SKILLS



Our FREE coaching services include:

- Full assessment
- Coaching sessions (in person or by telephone)
- Personalized health education
- Resources to help you become successful

CREATIVITY



Take action to create the lifestyle you want with Oneida Health Promotion Wellness Coaching.

With a coach by your side, you can target the results you want, set goals to get there, and make them come to life!

- Have trouble sticking to health-related goals?
- Struggle with work/life balance?
- Find it difficult to prioritize your health?
- Want to make healthy changes to your lifestyle but not sure where to start?
- Want to lower your health insurance premium by improving your health risk score?

If you answered "YES" to any of these questions, health and wellness coaching may be a great option for you.

REGISTRATION

Register online at:

<https://oneida-nsn.gov/resources/health/health-promotions/online-registration/>

For more information, call:

920-490-3927 or **email**
HealthPromotion@oneidanation.org

FACTS

82% Improved Health Behaviors

82% of our participants increase physical activity, eat healthier, reduce stress, or quit smoking.

53% Reduced Diabetes Risk

53% of our participants who wanted to lose weight, lost at least 5% of their body weight.

