

HEALTH COACHING

GUIDING BEHAVIOR CHANGES IMPROVES HEALTH OUTCOMES

CHALLENGE:

Maintaining a healthy weight lowers a person's risk of heart disease, diabetes and high blood pressure. Yet, research shows that more than 70% of adults over age 20 are overweight or obese, and only about one in six will lose weight and maintain that loss. When employers offer Quantum Health's Health Coaching solution, members gain access to coaches who guide them, one-on-one, through the behavior changes needed to meet healthier lifestyle goals.

CASE IN POINT: Paul

An engineer, Paul had benefits from his self-insured employer to help manage his Type 2 diabetes. But he found eating healthy foods and portion control challenging. For years he wrestled with unhealthy patterns of gaining and losing weight, trying rigid diets and exercise programs. Paul needed a partner that would support this lifestyle change to help him succeed. When he enrolled in Health Coaching, Paul weighed 228 pounds, had an 8.3 A1c, 149 glucose level and 128/98 blood pressure.

SOLUTION: Quantum Health

By offering access to Health Coaching, you can set your employees up for success in adopting and maintaining healthier lifestyles. Our coaches use proven techniques that create sustainable change in healthy eating, weight management, stress management, physical activity, sleep hygiene and biometric marker improvement.



LIFESTYLE CHANGES, NOT DIETING

Evidence-based methodology takes a whole-person approach to sustainable behavior change



PERSONALIZED GOAL-SETTING

Meeting the member where they are and creating a collaborative and trusting environment supports identifying and achieving personal goals



ASSESSING AND REASSESSING

Assessments uncover habitual behaviors and barriers to success and track progress toward goals



MOTIVATIONAL INTERVIEWING

Collaboration strengthens motivation and commitment for a lifestyle change



GENUINE, CONSISTENT SUPPORT

Celebrating achievements throughout the journey increases confidence and excitement about progress

PAUL'S RESULTS



Lost 18 pounds in four months and was motivated to continue following his new lifestyle routine to lose remaining weight



Blood pressure reached normal range through weight loss, increased physical activity and healthier eating



A1c level dropped to 5.7 and glucose level was in the normal range



He is feeling much better, is not as tired, clothes fit better, and he has a healthy routine he can stick to

*These health calls have been lifechanging for me. In a short amount of time, I managed to turn my life toward a more positive and healthy lifestyle, and I owe it all to the health coaching calls. Because of the calls, I've taken the time to reflect on my own wellbeing and have **gained resources to make major adjustments in my life.***

~Health Coaching Participant

QUANTUM HEALTH WELLBEING SOLUTIONS

Built as a navigation extension to intervene early in the wellness journey. Dedicated coaches collaborate with clinicians to support and care for members in disease prevention through improving lifestyle behaviors.

Personal guidance changes behaviors and improves outcomes

HEALTH COACHING

Whether the member is at risk for developing a chronic condition or just striving to be healthier, health coaches help individuals live healthier lives.

EARLY STEPS® MATERNITY

Avoid healthcare risks (and costs) with nurses and Maternity Health Coaches guiding the member's pregnancy journey.

TOBACCO CESSATION

Avoid absenteeism, lost productivity and higher healthcare costs by supporting your members with resources to quit tobacco once and for all.

INCENTIVE MANAGEMENT

Tailored incentives and reward fulfillment for eligible members – along with introduction and reminder communications – motivate members to complete wellness activities.

For more than 20 years, Quantum Health has provided self-insured employers and their health plan members an exceptional healthcare experience. You can rely on us for the navigation services and care coordination solutions that produce Remarkable Results®, **including higher employee satisfaction, better health outcomes and lower healthcare costs.**

CONTACT US TO MAKE YOUR BENEFITS MORE EFFICIENT AND EFFECTIVE.

connect@quantum-health.com
quantum-health.com/solutions

Copyright © 2022 Quantum Health, Inc.
25490106-2022

