

Changing people's lives

Professional Health Coaching

A Corporate Health Management service.

Transform your health & start living your best life.



What is Health Coaching?

Health coaching is a program of helping individuals or groups to make positive and sustainable life changes to their health and wellbeing.

Health coaches help to identify health goals, develop a customised plan to achieve individuals goals, and provide ongoing education, support and guidance throughout the program.

Health coaching is a client-centered approach that takes into account each individual's unique needs, preferences, and circumstances. It can involve a range of strategies and actions, such as;

1. Improving nutrition
2. Increasing physical activity
3. Managing stress + improving mental health
4. Improved sleep
5. Work/ life balance
6. Developing healthier habits.

Health coaches are trained professionals who have expertise in areas such as nutrition, exercise, stress management, and behavior change. They work with clients to provide education, motivation, and accountability, to make positive changes and achieve their health and wellness goals.

Health coaching is different from traditional healthcare in that it focuses on prevention and wellness, rather than just treating illnesses or injuries.

It empowers individuals to take control of their health and make positive changes to their lifestyle, which can have a significant impact on overall health and wellbeing.



How it works



Eligible employees will be asked to complete an engagement survey via an email from CHM.

The engagement survey will ask questions about general health and wellbeing so health coaches can gain an understanding of where an individual is situated within their health and wellness journey.



After reviewing participants engagement survey response, the health coach will meet one on one in an initial assessment to discuss responses in the survey and begin the goal setting process.

During this time, the health coach will, in collaboration with the individual, formulate a plan tailored to the participants needs and goals.



Each month participants will focus on a particular health and wellness goal; the fortnightly or monthly sessions are used to educate participants through CHM specific health modules and to ensure participants are staying on track with their plans and goals.

The health coaching will provide personalised coaching to support individuals to navigate through their health and wellness challenges.



Once the program has concluded, participants will complete a review of the program with their health coach, focusing on the lifestyle changes and impacts the program has provided.

A new practical plan/strategy will then be created with the participant and health coach, so participants can continue their health and wellness journey solo.



Our proven approach to health coaching has helped countless individuals achieve their health and wellness goals, including a reduction in modifiable risk factors, weight loss, improved nutrition, increased physical activity, and reduced stress levels.

Why choose Health Coaching?

Issues and challenges companies now face.



Organisation Risks



Health Coaching Solutions

Poor employee health and frequent sick leave translates to low organisational productivity.

Corporate health coaching is proven to bring substantial benefits to individual employees and entire organisations by helping save costs and reduce risks, as well as create resources for employees to learn strategies for changing lifestyle behaviours.

Organisations can no longer just provide health information to employees. The World Health Organization states that simply giving information to patients is unlikely to change behaviour.

CHM's health coaching understands that to achieve sustainable health behaviours and outcomes, patients need to be supported in behaviour change techniques that promote self-efficacy, self-determination and self-responsibility.

Organisations that fail to build a culture of recognition and value of their employees, through diverse health programs, will lose top employees to others that do.

Employees will feel more appreciated and cared for when they are given access to health coaching, to support them make sustainable lifestyle changes that benefit their work and their home life.

Some employees lose their eligibility to work in the field after their 'role based' medical. Our organisation has no dedicated mechanism of helping our employees regain their 'ready to work' status.

CHM's health coaching can be utilised to help employees focus on specific aspects of their health, to not only improve their physical wellbeing, but also maintain it for years to come.

Benefits of Health Coaching?

Improved Health Outcomes

A study conducted by Medibank Private found that health coaching can lead to improvements in various health outcomes, with participants experiencing an average reduction in systolic blood pressure of 6.2 mmHg, a reduction in diastolic blood pressure of 3.6 mmHg, and a reduction in total cholesterol of 0.3 mmol/L.

A study published in the Australian Journal of Primary Health found that health coaching can improve health outcomes in individuals with chronic conditions, with participants reporting improvements in physical activity, diet, and medication adherence.

Increased Physical Activity

A study published in the Australian and New Zealand Journal of Public Health found that health coaching can increase physical activity levels in sedentary adults, with participants in the coaching group increasing their physical activity by an average of 22.7 minutes per day.

A study conducted by the Australian Government Department of Health found that health coaching can increase physical activity levels in older adults, with participants in the coaching group increasing their physical activity by an average of 35.8 minutes per week.

Improved Nutrition

A study published in the Australian and New Zealand Journal of Public Health found that health coaching can improve dietary intake in adults, leading to improved nutrition and reduced risk of chronic disease.

A study published in the Journal of Telemedicine and Telecare found that health coaching delivered via telehealth can improve dietary habits in individuals with type 2 diabetes, leading to improved blood glucose control.

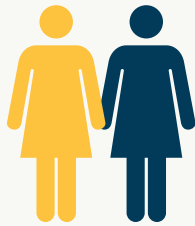
Reduced Stress

A study conducted by the Black Dog Institute found that health coaching can reduce stress levels in individuals with depression and anxiety, leading to improved mental health outcomes.

A study published in the Journal of Occupational Health Psychology found that health coaching can improve stress management in employees, leading to reduced job strain and improved work engagement.

Overall, these statistics show that health coaching can provide significant benefits in improving various health outcomes, increasing physical activity levels, improving nutrition, and reducing stress levels.

One in two Australians has at least one chronic disease, with preventable lifestyle factors:



(eg poor diet and nutrition, physical inactivity, smoking and alcohol overconsumption) known to account for at least 70% of the total healthcare burden

– *Australian Journal of General Practice*

An Australian experiences stroke for the first time every 19 minutes.

Diabetes, heart disease and stroke are Australia's fastest growing conditions.

Heart disease kills one person every 18 minutes, equating to on average, 79 persons dying of heart disease every day.

280 Australians develop diabetes every day.
That's one person every five minutes.



Why choose CHM's Professional Health Coaching Program?

Our team of experienced health & wellness coaches will work with each individual to customise plans that fits their unique needs and lifestyle.

Our team are dedicated and passionate about health, fitness and wellness and want to support people to live a happier & healthier life – forever.

We will provide the tools and support you need to achieve your health goals and sustain them for the long term.

Our program includes

- **Personalised, one on one coaching** sessions with experienced and certified health coaches
- **Customised nutrition and fitness & exercise plans** tailored to your needs and goals
- **Ongoing support and accountability** to keep you empowered, inspired, motivated and on track
- **Access to a community** of like-minded individuals who are committed to living a healthy lifestyle
- **Flexibility in delivery methods** at times that suit individuals and their lifestyles
- **Outstanding support** materials and resources
- **CHM offers virtual coaching sessions** that can be scheduled at a time that works for you, and our coaches are available to answer your questions and provide support between sessions
- **Our health coaching program is convenient, affordable, and flexible.**

What sets us apart is we care and we live to make true changes that are sustainable and achievable. We are all about changing people's lives.

Our proven approach to health coaching has helped countless individuals achieve their health and wellness goals. CHM have been providing health coaching for over 25 years and continue to do so with our corporate clients today.

Investment

Depending on your business needs and requirements, please contact us today for a free quote that best works for you and your people.

Contact
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Cancellation Policy

Notice	Cost
Seven business days or more notice	0% fee payable on all scheduled services
Less than seven business days notice	100% minimum day rate applicable



CHM

Corporate Health Management (CHM) is one of Australia's leading providers of corporate health services. We have worked with hundreds of organisations, and thousands of individuals, providing a diverse range of health and wellbeing services.



(03) 8584 1900 | services@chm.com.au | www.chm.com.au

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