



HEALTH COACHING

FOR POSITIVE HEALTH OUTCOMES

Viverae® Health Coaching solutions target specific risk factors and populations, taking member engagement to the next level. Support healthy lifestyle behaviors and help your organization reach its wellness goals with our in-house Health Coaches. Maximize your wellness program with these coaching benefits:

- With **seven coaching solutions**, ranging from Healthy Lifestyle to Focused Care, members receive progress-focused motivational coaching **specific to their risk factors**
- Every member is assigned a **dedicated Health Coach** who supports them on their journey
- Certified and specialized coaches are available to discuss a wide range of **health and lifestyle topics**
- **Integrated** health coaching **within the wellness portal** allows Health Coaches to direct members to relevant resources online
- Reward coaching participation with **incentives to drive higher engagement**

COACHING: RESULTS

When our clients choose a Healthy Lifestyle or Focused Care Coaching program, the number of average interactions with participants **increases from 18.8 to 27.1**.

44.1%
higher engagement
level with participants



\$358⁷¹
annual cost savings
per participant





COACH TO YOUR NEEDS

Viverae’s programs work for people at any point in their health. For those with serious health concerns, we offer Healthy Lifestyle Coaching and Condition Management. And we don’t just wait until your members are in poor health to engage them. Based on claims and self-reported data, we can determine who needs coaching and Condition Management, then proactively reach out to them directly. We don’t treat conditions—we treat people, so we provide actionable, reasonable steps to help identified members manage their condition and set and reach health goals at their own pace.

Through our innovative, member-centered approach that focuses on awareness, behavior modification and empowerment, members gain access to licensed and certified health professionals ready to offer constant support as they learn about their health risks and manage their conditions.



VIVERAE’S COACHES

Viverae’s Health Coaches are highly trained professionals with extensive education and experience working with members in areas such as weight management, fitness, tobacco cessation, and stress management. Our Health Coaches engage members using motivational interviewing to support each coaching topic, promote healthy behaviors, and improve well-being.



HEALTH EDUCATION

Once chronic conditions are identified, Viverae Health Coaches leverage Healthwise®—a leading provider of evidence-based health education content—to utilize the Healthwise Behavior Change Navigator. Using the tool, coaches provide members with targeted guidance. This empowers self-management of any condition(s) they may have with a set of easy-to-follow tips and suggested educational materials based on proven behavior change principles. Additional educational content relating to identified conditions is also available throughout the wellness portal for members to explore at their leisure.

THE CHOICE IS YOURS

Choose the best coaching solution for your members while also maximizing your budget. Contact your CRM or sales representative to learn more.

