

Healthy Lifestyle Programming

Encourage healthy lifestyle changes in your employees.

Our programs are as unique as your employees. We're proud to offer the following Healthy Lifestyle Programming, or we can design a custom program to meet the specific needs of your employees.

40 DAYS OF FRESH

40 Days of Fresh is an expert-designed clean living plan. This program offers weekly accountability group meetings with a fitness coach and email support throughout the program to increase success and encourage lifestyle changes.

Cost: \$695 flat rate for five accountability sessions

Max participants: 15

NEW YOU

The 10-week New You program offers a weight loss or lifestyle focus. OhioHealth coaches will hold weekly accountability check-ins and will customize the program to the groups specific needs.

Cost: \$2,700 flat rate

Max participants: 20

MAINTAIN DON'T GAIN

Maintain Don't Gain is a customizable weight loss program that is typically offered over the holiday season to encourage healthy habits. This program includes pre- and post-program weigh-ins to monitor changes and regular email support for participants.

Cost: \$320 flat rate

Max participants: 50

TOBACCO CESSATION

Tobacco Cessation is a six-week small group treatment and counseling program focusing on the behavior of addiction and lifestyle change. OhioHealth coaches provide weekly support and education to enhance success.

Cost: \$795 flat rate

Max participants: 8

Healthy Lifestyle Coaching

Encourage healthy behavior changes in your employees through our healthy lifestyle coaching. OhioHealth Employer Services offers individual and group healthy lifestyle coaching specific to your employee's needs.

The OhioHealth coach will:

- + Complete a well-being assessment at the start and end of the coaching program
- + Assess participants' readiness to change
- + Help participants identify and set obtainable goals
- + Provide education and resources when appropriate
- + Be available via email and phone between sessions

INDIVIDUAL COACHING

Individual coaching provides your employees with customizable one-on-one private coaching sessions to support and sustain lifestyle behavior change.

Individual coaching includes six face-to-face sessions; the first session is one hour followed by 30 minute sessions every two weeks.

Cost: \$90/hour

GROUP COACHING

Group coaching provides a small group of participants with similar goals (healthy weight, stress management, etc.) a forum for focus and accountability to make steady progress toward healthy lifestyle behavior change.

Group coaching includes six one-hour sessions every two weeks with weekly education topics and valuable group discussions on strategies for success.

Cost: \$795 flat rate

Max participants: 8

When the health of your employees thrives, so does your business.

From health screenings to one-on-one coaching and classes to occupational health, OhioHealth Employer Services provides comprehensive services that make a difference in the lives and health of your employees and their families. Employers that partner with us see results, and employees who feel good about themselves often feel better about their work.

Learn how we can bring customized Wellness Programming solutions to your workplace.

NEED MORE
INFO?

Call (614) 544.4656
Visit OhioHealth.com/EmployerServices
Email employerservices@ohiohealth.com

