An essential step in containing health care costs is changing the health habits of your employee population. However, lasting healthy lifestyle changes may prove to be very difficult for some, and at times a health expert who is skillful in behavior change may be just what is needed.

We can help.

Advocate Health Care has been helping people make lasting lifestyle changes for decades. Our investment in the health of our communities includes classes and programming for people with heart disease, diabetes, obesity and cancer. We regularly offer smoking cessation programs and a variety of health fairs and screenings.

A New Outlook
Our experience and research has shown that long-term behavior modification must come from an internal desire for change. We bring that knowledge to bear in delivering our Advocate at Work Lifestyle Health Coaching services.

Through in-person or telephonic one-on-one conversations, our Lifestyle Health Coaches help employees experience a shift in thinking that motivates them to take control of their own health. Advocate Lifestyle Health Coaching utilizes an Intrinsic Coaching® model to facilitate lasting change.

Quality Customization for Lasting Change
With the help of a health risk assessment and other screening tools, our providers will help identify employee candidates. Each coaching program is customized based on your employees’ needs and your goals as an employer.

Our program follows the latest research showing that providing supportive resources can prevent employees from moving to higher risk stratifications. At set intervals during the program, our Lifestyle Health Coaches conduct progress surveys with each employee to monitor program effectiveness.

Topics that our Lifestyle Health Coaches routinely coach around include:
- Weight Management
- Smoking Cessation
- Diabetes
- Behavior Change Compliance (i.e., physical activity, nutrition, stress management and medication compliance)

The goal of Advocate at Work is to target solutions that lower health care costs and promote a healthy workplace.