

MUNICIPALITY CLIENT

62 EMPLOYEES

89%

of employees engage
in coaching.

164

coaching sessions took
place in the 2018 program.

84%



completed the wellness program.

"The program has been very well-received and has been terrific with getting employees engaged with taking charge of their health. The material that we have covered each week has been fantastic. There is a wealth of information on how to make incremental lifestyle changes that make a huge impact over the long-term. Because everything was broken down into weekly (and then bi-weekly) sections vs. having to make a large number of changes immediately, it was not overwhelming and was actually very achievable. Having the support of the health coach and a group of peers has been very important with keeping on track with the healthy lifestyle changes that I have made. Laura Fischer, our assigned health coach, was phenomenal. She is supportive, encouraging, and non-judgmental."

MANUFACTURING CLIENT

321 EMPLOYEES

89%

of employees engage
in coaching.

359

coaching sessions took
place in the 2018 program.

85%



completed the wellness program.

"It's been very helpful to speak with a dietitian to learn more about healthy eating and losing/maintaining weight loss. I think I assumed too much in the past and you put me on the right track. The coaching program is very beneficial."

"I have a very busy schedule and it's great to be able to have a coach here at work. I just don't have the time outside of work to go to an appointment with working 10+ hour days."

"This has been very helpful in figuring out what changes I really want to make at this point in my life; it's just been all swirling around in my head and I'm not making any progress with it on my own. I like having someone who is objective and knowing that this is all confidential."

ENERGY SECTOR CLIENT

1694 EMPLOYEES

74%

of employees engage
in coaching.

2605

coaching sessions took
place in the 2018 program.

70%



completed the wellness program.