

TARGETED COACHING: WEIGHT LOSS



For overweight and obese members, this program provides individualized nutrition recommendations from a registered dietitian and support from a health coach to create lasting behavior change.

Members with prediabetes, metabolic syndrome, and/or obesity (BMI 30+) are eligible. The program includes a total of 15 coaching sessions over the program year; bimonthly sessions for behavior change followed by monthly sessions for ongoing support to manage detours, challenges, and maintenance of health goals.

Includes

- Completion of a nutrition assessment and questionnaire to gain insight of nutritional background, goals, history with diets, and thoughts/feelings around making changes.
- Personalized nutrition recommendations for calories, carbohydrates, and protein ranges.
- Guidance on how to implement nutrition recommendations to meet lifestyle needs.
- Support to help participants develop trust with their body and their relationship with food.

Topics Addressed

- How to Build a Balanced Meal
- Hunger and Fullness Scale
- Fiber
- Meal Planning
- Eating Away from Home
- Appetite and Hormones
- Understanding Your Relationship with Food
- Eating on a Budget
- Eating that is Quick and Easy
- Resources for parents
- Vegetarian/Vegan Resources
- Fitness Resources

Potential Benefits

- Cultivating sufficient motivation
- Setting SMART goals
- Providing accountability, support, and encouragement
- Providing resources and education
- Building healthy lifestyle habits (nutrition, exercise, hydration, sleep, etc.)
- Creating appropriate action plans
- Providing resources and education
- Reducing healthcare costs for member and employer

“ I felt that talking with a coach could help improve my knowledge of nutrition and steps I need to take in losing weight. I feel our conversations have really helped give me an understanding of how to move forward in my health journey. I have a new meal plan in place and have started losing weight ”

“ I was told some of my numbers were high and I was almost pre-diabetic. I wanted to get help so I would not become diabetic. I have had ups and downs with my weight, but talking with my coach helps keep me on track and keep trying to improve. My coach keeps me focusing on myself and my health which also improves my family's health. ”