



Health Coaching Service

Liability

All Health YOUiversity programs and services, including health coaching, are provided through National Institute for Fitness and Sport staff, a non-profit company contracted by WellPoint, Inc to provide employee health and wellness services. WellPoint, Inc and the National Institute for Fitness and Sport cannot be held responsible for any injury, loss, or damage associated with participation in the health coaching program. All participants in the program are required to sign a waiver releasing WellPoint, Inc and the National Institute for Fitness and Sport from any liability.

Privacy and Confidentiality

All personal and health information conveyed to the health coach is kept confidential. The National Institute of Fitness and Sport will not share health and medical information with your employer. Your health coach will respect your privacy rights throughout your health coaching experience. However, your health coach may need to contact your physician for consent, before a health plan can be provided. In addition, information provided through online satisfaction surveys will be anonymous.

Coaching by a Fitness and/or Nutrition Professional

Health coaches are degreed professionals trained in health, fitness or nutrition. They are certified in health and fitness instruction by the American College of Sports Medicine or are registered dietitians through the American Dietetic Association.

Goal-focused Coaching

Health coaches will help you determine your personal health goals, which will be specific and measurable. Based on your goals, your health coach will provide you with a personalized fitness and nutrition plan, reliable health information, as well as tips and advice. Your coach will help you periodically evaluate your progress and revise your health goals as needed. Finally, once you have met your goals, your health coach will help you strategize on how to maintain your success and stay motivated.

Initial session will include:

- Review of health status, medical history, and current health behaviors
- Health and wellness goal setting
- Provision of 6-8 week health plan (permission may be required from your physician to provide an exercise plan)
- Education on health topics as requested

Follow up sessions will include:

- Review/revision of goals and progress made towards goals
- Assessment of current health plans, with revisions made as needed
- Continued education on health topics as requested

The health coach will expect the member to:

- Set clear, attainable health goals
- Be open and honest about health status and behaviors
- Respond to the health coach's communications as promptly as possible

Health Coach Communication

Within two business days, your health coach will send you a brief email acknowledging receipt of your application. Within two weeks, your health coach will provide initial contact by phone, unless a preference for email communication is indicated. Subsequent communications, every six to eight weeks, will be offered via email unless another arrangement is made with your coach.

Please contact Suzanna Allen, BS, Health YOUiversity Manager, at 317-431-8423 or sallen@nifs.org with questions or concerns about this service.