

# Coaching

## It's more than a conversation

Virgin Pulse coaching is person-to-person support that helps members thrive



### Person-First Approach

Focus on choice, trust and rapport to foster meaningful change



### Primary Coach Model

Participants meet with the same coach each time



### Consistent, Unified Methodology

Healing modalities that integrate body-mind-emotion-spirit-environment.



### Seamless Experience

Members can self-enroll and easily schedule appointments online



## Coaching Solutions

Whatever your program goals are – we got you

Total Population Health Coaching engages the entire population on whatever is most meaningful to each member – lifestyle, condition, or mental health improvement.

### Lifestyle Management Topics

- Be Tobacco Free
- Eat Healthy
- Getting Active
- Manage Weight
- Money Mindfulness
- Reduce Stress
- Sleep Well

### Condition Management Topics

- Anxiety & Depression
- Chronic Pain
- Diabetes
- Digestive Health
- Heart Health
- Infertility
- Insomnia & Sleep
- Lung Health
- Medicine Support
- Pregnancy
- Substance Support

### High Availability Mental Health Topics

- Reduce Stress
- Anxiety & Depression
- Insomnia & Sleep
- Medicine Support
- Substance Support

# Multimodal human connection

Delivering timely support when it's needed most



**Seamless experience**

- Telephonic and messaging sessions
- Easy web and mobile scheduling
- Unlimited primary coach messaging

Stay in touch with your coach by phone or with messaging

Makes coaching more accessible, comfortable, and convenient

Rewardable to drive continued member engagement!



1. Sponsors determine if they would like Coach Messaging sessions to be rewardable.

## Our Coaches

Exceptional support starts with expertise

We focus on delivering the highest-quality client and member experiences. Our coaches maintain a culture of collaboration. Our behavior change approach combined with our integrated digital and live coaching models supports an end-to-end member experience and better outcomes. We also strive to continuously enhance our service offering with additions ranging from different modalities to new specialty focus areas.



### Who our coaches are:

- Personal Trainers
- Nutritionists
- Financial Coaches
- Emotional Health Coaches
- Social Workers
- Psychologists
- Nurses
- ...and much more!



### Many hold advanced degrees & multiple certifications:

- Training program approved by the National Board for Health & Wellness Coaches
- NCQA-certified program



APPROVED TRAINING PROGRAM

