

Private Consultations/Coaching

Having your results explained to you is perhaps the most valuable component of individual wellness programming.

Sure, participants can receive a copy of their personal results both online and mailed to their home. But we've learned over the years that most people get more out of their health screening experience when a professional goes over their results in a private, one on one consultation setting.

Nearly any health professional can perform a health screening, but how those results are communicated can truly make a difference.



Consultations for All Participants

The purpose of private, one on one consultations is to educate each participant of their health screening results, answer questions and encourage goal setting for healthier living. Consultations typically take place via scheduled on-site or web/phone appointments with a Registered Nurse. Appointments are recommended approximately 6-8 weeks following health screenings so that awareness of personal health is "re-created" in the mind of the participant.

High Risk Coaching

In the event a participant is high risk, the consultations are steered toward more specific interactions of coaching and motivation for better health choices.

High risk participants are first asked if they followed up with their primary physician. If so, the participant is asked what recommendations their physician provided and if they have been compliant. Finally, depending on the answers provided...the consultant/coach will seek to encourage the high risk participant in creating goals to either create or maintain steps toward compliance and prevention.

Stratification Process

Unless there are severe health risk concerns, consultations typically contain the following 6 components:

1. Review of health screening results and Circle Wellness web site tools
2. Personal explanation of results with emphasis on high values
3. Discussion of recommended preventative tests
4. Discussion of participant's health record and applicable company benefits
 - a. Doctor and ER visits (what is encouraged and not encouraged)
 - b. Employer sponsored benefits (additional high risk coaching, EAP, DM etc.)
5. Goal setting for healthier living
6. Question and answers