

# Employee health coaching

Labcorp's health coaching programs support employees on a transformative journey towards greater well-being. Our team of healthcare professionals supports participants in making positive, sustainable lifestyle changes to help them lead their best lives both inside and outside of the office.



Business & Career

Family & Friends

Physical Health

Personal Growth

Emotional Health

Fun & Recreation

Physical Environment



## The Ready-Set-Goal™ approach

Our unique Ready-Set-Goal™ approach provides the inspiration and guidance participants need to address key health challenges to become healthier and more resilient in every aspect of their lives.

Our health coaches provide the one-on-one support each employee needs to work towards their goals, personalized to their specific wellness situation.

We focus on empowering participants to identify challenges, set a vision and achieve goals on an ongoing basis. Each session is designed to encourage employees to commit to a lifelong path of well-being.

## Evidence-based approach

- 1. Discovery.** In this stage, the health coaches build a rapport with the participant to learn of their current health status and determine the participant's readiness to change it. Health coaches then implement the Ready-Set-Goal approach and personalize the process, focusing on the well-being topics listed on the left.
- 2. Visioning.** At this point, the participant sets specific well-being goals and shapes their desired areas of focus. The assigned health coaches will also share practical ideas for making attainable, measurable progress.
- 3. Results.** Health coaches serve as an expert resource and guide, helping participants take stock of their lifestyle changes, celebrate successes and make adjustments as needed. Ultimately, health coaches support participants on a path to self-sustainability, empowering them to take ownership of their future challenges and goals.



**Our cutting-edge population health program engages and empowers employees nationwide:**

**1,400+**

healthcare professionals  
in our nationwide network

**98%**

participant satisfaction rate

**96%**

of participants believe they were  
able to achieve a meaningful goal

**95%**

of participants would recommend  
health coaching to a colleague

### Coaches and professional advice

All Labcorp health coaches hold one or more accreditations and specialties including:

- Academy of Nutrition and Dietetics' Accreditation Council for Education in Nutrition and Dietetics
- Completion of accredited, supervised practice programs
- Credentials from the Commission on Dietetic Registration
- Advanced degrees in exercise science

Additionally, our health coaches possess a wide variety of certifications covering all aspects of well-being. This includes licensed social workers, national board-certified health and wellness coaches, personal trainers, tobacco treatment specialists, Certified Diabetes Care and Education Specialist, and a range of other more specific specialties. All health coaches are qualified to understand and address the physical, environmental and emotional needs of employees, and all telephonic health coaches are mental health first aid certified.

### Convenience for employees

Our health coaching program fits seamlessly into employee routines. We offer various ways to participate: Telephonic or on-site one-on-one sessions, biometric results review (WellReview), online secure messaging, seminars and webinars on various topics including general wellness, condition management, food and nutrition, physical activity and emotional well-being.

### Supporting your entire employee population

To support remote employees who have participated in a health screening, Labcorp offers WellReview, a 15-minute, confidential phone call to review results with those who have participated in a health screening. This short, high-impact session engages participants in a conversation to review results, promote risk awareness, inspire motivation for action and help set specific goals to reduce risk for disease over time.

Get Started  
Contact us **877-469-5411**  
or email [lesinfo@labcorp.com](mailto:lesinfo@labcorp.com).

