Tulsa FOP 93 Health and Welfare Trust

HEALTH COACHING – REASONABLE ACCOMODATION

WHAT IS HEALTH COACHING?

- A partnership between the health coach and the participant in a supportive, positive and goal-oriented thought-provoking process that inspires the participant to make healthy lifestyle changes.
- Assists the participant to recognize challenges that are preventing success and strengths that can be further engaged to achieve that success.
- A self-help approach that honors the participant as the expert in their life.
- Assists participants with adopting and maintaining healthy behaviors through the utilization of behavior change skills, physical activity and nutrition.

WHAT IS A HEALTH COACH?

A health coach is a wellness professional who specializes in behavior change to improve participant's health and work on the various barriers that are impeding progress.

WHAT IS THE ROLE OF THE HEALTH COACH?

- Elicit participant-generated solutions and strategies.
- Provide participant with greater focus, awareness of choices and accountability.
- Assist participants with identifying and prioritizing their health goals and develop and take manageable steps towards achieving those goals.
- Discover, clarify and align with what the participant wants to achieve.
- Encourage participant self-discovery.

WHAT METHODS DOES THE HEALTH COACH USE?

The approach used will rely on techniques and concepts in biological and behavioral science. Health coaches use evidenced-based best practices in health coaching that include but are not limited to: motivational-interviewing, self-monitoring, imagery, reframing unhelpful thoughts, increasing self-efficacy, goal setting, powerful questioning, learning styles, stages of change, personal and social history, positive reinforcement, relaxation training and self-regulation.

WHO IS PROVIDING HEALTH COACHING?

- Health professionals with a Bachelor's Degree in Health and Wellness or related field, as well as certifications from NCAA accredited organization, such as the American College of Sports Medicine

(ACSM) and The American Council on Exercise (ACE) and are required to participate in continuing education hours to maintain their certification.
- Anne Farrell – health coach and former professional basketball player with 6 years of experience.
- Nichelle Slavens – health coach, certified exercise physiologist, yoga instructor with 28 years of experience.
- Sloan Taylor – Registered and Licensed Dietitian and Registered Sports Dietitian with 21 years of experience.

IS HEALTH COACHING A DIET AND/OR EXERCISE PROGRAM?

While nutrition and exercise might be discussed during health coaching, it is not a diet or personal training program.

IS TOBACCO CESSATION OFFERED WITH HEALTH COACHING?

Yes, tobacco cessation can be offered via health coaching.

HOW LONG IS HEALTH COACHING AND HOW IS IT PROVIDED?

- 10 weeks for 15 – 45 minutes each session.
- Video conference, phone and in-person options.

IS HEALTH COACHING CONFIDENTAIL?
Yes, health coaching is completely confidential.

WHAT ARE THE OUTCOMES?

Including the following but not limited to:
- Quitting tobacco use
- Reduced lipid profile, glucose A1C and blood pressure
- Weight loss up to 50 pounds
- Improved sleep, emotional health, quality of life and eating and exercise habits

WHO IS ELIGIBLE TO PARTICIPATE IN HEALTH COACHING?

All Tulsa FOP 93 Health & Welfare Trust members and their spouses.

IS THERE A COST TO PARTICIPANTS?

There is no cost to participants.

WHEN DOES HEALTH COACHING NEED TO BE COMPLETED?

Health coaching is a reasonable alternative for A1C, Heart Health, Blood Pressure, Tobacco Cessation and Waist to Height ratio risk factors if completed by Tuesday December 31st.

HOW WILL I RECEIVE CREDIT FOR PARTICIPATING SO THAT I WILL BE ELIGIBLE TO RECEIVE THE WELLNESS PREMIUM RATE?

The health coach will inform participants when they have completed their 10 weeks of health coaching. The health coach will communicate to Rooney Insurance Agency that the participant has completed the program.

OTHER INFORMATION

- If a health coach determines there is a need outside their scope of practice, such as nutritional counseling, referrals are available for services. Nutritional counseling and referrals to another healthcare provider count for health coaching.
- Some participants have expressed that they felt intimidated or that they will be judged before starting health coaching. Based on the surveys, the participants felt very comfortable and many said that they would attend again.
- Post surveys have described the health coaches as being compassionate, motivating, understanding, helpful, nonjudgmental and educational. The experience has been described as enjoyable and some even want to continue after completing the required 10 weeks.

HOW DO I GET STARTED?

Email Nichelle Slavens at nichelle@wbs.health or call her at 918-344-4859.