



Employee Assistance Coaching Fact Sheet

Key Features

- All providers are certified wellness coaches including psychotherapists and address mental and physical health together
- Wellness coaches are experts in mastery of well-being and change
- Toll free coach line
- 24/7 crisis line staffed by on-call psychotherapists
- Outbound calls to target populations
- Customized eligibility, PEPM, and co-pay available: 1, 3, or 6 phone coaching sessions (45-60 minutes), 3 quarterly check-ins
- Consumer-driven: employee chooses from at least two coaches
- Online well-being assessment (pre-coaching, 6, and 12 months)
- Wellness Plan: vision, three month behavioral goals, weekly goals, start plan implementation
- Quarterly coaching outcomes report including changes in well-being assessments and claims, and coaching program evaluation
- Employees continue to work with coaches using pre-tax accounts
- Monthly community coaching teleclasses/webinars
- Monthly self-coaching newsletter

Options (partial list)

- Annual wellness planning sessions for everyone (with or without subsidy)
- Three coaching sessions or more for high risk employees
- Executive wellness coaching
- Onsite private coaching or community/group classes

Benefits to Employer

- Customized model - PEPM or utilization with or without co-pay
- Transfer EAP budget to EAC
- Reduce health risks and claims by referring moderate/high risk
- Integrated with Pharmacy Benefit Management and Case/Disease Management
- Integrated with Health Risk Assessments and corporate wellness

If you think you can do a thing, or think you can't do a thing, you're right.

Henry Ford