



# 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**

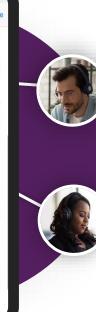
Healing modalities that integrate bodymind-emotion-spirit-environment.



#### **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<sup>1</sup>



 Sponsors determine if they would li 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 continuous 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