

Obtain a healthier lifestyle through the power of prevention.

**HEALTHY
TRANSFORMATIONS**
THE POWER OF PREVENTION



The ultimate in health coaching.



IMPORTANT COMPONENTS OF YOUR HEALTH

- ✓ Life style Choices
- ✓ Nutrition
- ✓ Physical Activity
- ✓ Mental and Emotional Mind Set
- ✓ Regulation of Personal and Work Stressors

Healthy Transformations The Power of Prevention

The prevention of chronic and acute health issues is a key element for a better quality of life which is more easily obtainable with the assistance of a health coach.

In order to receive your Indemnity Claim Payments you must make responses to Healthy Transformations via email, text or phone. Contact us at admin@healthytransform.com.

The HT Wellness plan only works if each employee meets required HT Wellness Triggers

(2 required triggers per month)

Triggers are any of the following:

- Respond to a text message
- Respond to an email message
- Have a telephone conversation with an HT Wellness coach
- Post on HT Wellness Social Media
- Preventative doctor /dentist visits, preventative testing such as lab work, colonoscopy, mammograms, etc.



GET INVOLVED IN A HEALTHY TRANSFORMATION

ACHIEVE OPTIMAL HEALTH WITH YOUR HEALTH COACH

Health coaching is a way to obtain clinical guidance in the comfort of your own home from a trusted health care professional.

★ Clinical Guidance Methods

- ✓ Webinars
- ✓ E-mail
- ✓ Text Messaging
- ✓ Phone
- ✓ Social Media
- ✓ Traditional Mail

★ Our Services

- ✓ Verbal and visual teaching
- ✓ Live and recorded webinars
- ✓ Phone, e-mail and text contacts
- ✓ One-on-one guidance

WHAT IS HEALTH COACHING?

A systematic approach to improving lives using individualized strategies and one on one teaching.

Health coaching allows clients to discuss their health status by emails, texts and phone calls. These discussions can provide assistance in modifying any un-healthy thoughts and behaviors. Health coaching will also develop successful support systems and understand the difficulties that face us all in maintaining a healthy lifestyle.

HEALTH EDUCATION TOPICS

- Heart Health—coronary artery disease, hypertension, cholesterol, congestive heart failure
- Diabetes
- COPD—chronic obstructive pulmonary disease
- Parkinson's Disease
- Weight Management
- Nutrition
- Physical Activity
- Tobacco Cessation
- Allergies
- Stress Management Anxiety /Depression
- Risks of Care-giving to those with chronic illnesses
- Sleep Deprivation
- Risks of Alcohol Use
- Cancer Awareness