

Wellness Coaching Topic Descriptions

(topics 1-6)

Topic	Description
Diabetes Lifestyle	With Diabetes Lifestyle, work 1:1 with a coach to discover how a healthier lifestyle can help manage diabetes. Find out how to identify risk factors, symptoms, and complications of prediabetes and type 2 diabetes. Get to know diabetes numbers, blood sugar highs and lows, and how to manage your medications. Help keep diabetes in check through an active lifestyle, mindful eating, and balanced meals.
Eat Smart	Nutrition is a path for better health. Eat Smart empowers individuals with knowledge, skills and tools to make healthy choices when eating at home, the office, in social situations or traveling. Learn to navigate the grocery store, set up your environment for success and overcome barriers like restaurants and holidays.
Family Wellness	In Family Wellness, work 1:1 with a coach to explore meal planning, physical activity, and easy ways to get healthy as a family. Get the whole family involved in meal planning and preparation and enjoy more quality time together. Find ways to be active together, decrease screen time, and put the fun back in family gatherings. Find ways to build good family relationships with quality time, communication, and teamwork.
Financial Wellbeing	Financial Wellbeing educates participants about money issues—from managing debt to saving more for emergencies and retirement. Learn how to make your money work harder for you and connect money with your goals. Use financial planning principles to save more, avoid and tackle debt, and reach your financial freedom. Reach your financial goals with simple investment strategies and tips on investing for the long haul.
Fit For Life	Fit For Life makes physical activity attainable for everyone by building knowledge, everyday skills and motivation and breaking down barriers to success. Fit for Life introduces strategies and exercises designed to help you get moving, no matter your skill level.
General Wellness	General Wellness pairs participants 1:1 with a coach to kickstart a healthier life that helps individuals stay active, eat better, reduce stress, and much more. Learn how to easily incorporate activity, nutrition, and mindful living into daily life. Understand the ways stress can impact health and get help managing it. Learn about tobacco addiction and the health benefits of quitting for good.

Wellness Coaching Topic Descriptions

(topics 7-13)

Topic	Description
Happiness	Happiness identifies strategies to increase joy, practice gratitude and create hopefulness in otherwise stressful situations. Happiness uses tools like self-compassion, forgiveness and kindness to help people address challenges in life.
Healthy Heart	Use Healthy Heart to work 1:1 with a coach to create a heart-healthy lifestyle through diet, exercise, and small changes to daily habits. See how stress, diet, smoking, body weight, and other factors affect heart health. Learn about the numbers that affect the risk for high cholesterol, body mass index (BMI), blood pressure, and more.
Meditation	Meditation teaches mind-body connection, meditation techniques and exercises to help participants cope with related health issues such as stress. Learn how mindfulness and meditation can positively affect brain health. Identify emotional style and learn how meditation can help adjust it. Learn about mindfulness and meditation practices, how to choose them, and their potential benefits.
Quit Tobacco	Quit Tobacco guides you through the key behaviors that help people quit. The journey includes setting a quit date, discovering how to manage urges, using quit medications effectively, getting support and tobacco-proofing your environment.
Sleep Well	Whether it's inadequate or suboptimal quality, poor sleep affects many areas of health, such as nutrition, weight and stress. Sleep Well teaches participants the physiological impacts of sleep and provides practical tips to increase sleep time and quality.
Stress Less	Stress is a part of life, but it is easier to manage when you can handle it effectively. Stress Less arms you with short- and long-term coping skills as well as nutrition, exercise and lifestyle strategies for dealing with stress and building resilience to it.
Weight & Wellness	There is not a one size fits all strategy for losing weight. Weight & Wellness introduces practical evidence-based strategies, such as food tracking and portioning, and helps participants learn how to make changes that work for their lifestyle.