



Workplace Wellness Coaching

A comprehensive solution to help employees reach their health and wellness goals, through one-on-one and group coaching



Workplace coaching is a proactive approach to lifestyle changes to improve overall well-being. Our clinically-approved courses are designed for adult learning and customized to each person’s lifestyle, needs, health status and preferences to help them overcome obstacles.

A whole program for the whole person

We meet employees where they are, at the workplace or remotely, to deliver individual and group coaching. Coaching is available to all employees who want to further their personal health journey, regardless of their risk factors.



Individual program

- Personalized plan to suit individual needs
- Guidance and accountability
- Lifestyle topics include fitness, emotional health, sleep, nutrition, weight management, family well-being and more



Group program

- 12-week program with structured content and goal-setting
- Instructor-led active learning and moderated discussions
- Access to one-on-one coaching for additional support



Support for global health strategies

Wellness coaches are available as a US-based or international resource

Ready for a balanced approach to workplace well-being?

Contact us. [Optum.com/business/contact](https://optum.com/business/contact)



Drive employee satisfaction with coaching support

82%

felt more in control of their health and well-being with coaching support.

98%

experienced positive emotions, including confidence, support, comfort and hope.

Based on 2019 Optum Member Satisfaction Survey

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