

FAQs ABOUT YOUR ONSITE HEALTH COACH



Meet

Thank you for your interest in personal health coaching. Here are the answers to a few frequently asked questions.

Q: What does a Health Coach do?

A: A Health Coach provides personal, one-on-one counseling to help improve your overall health – physically and emotionally. Working together, you and your coach can create a plan to help you meet your personal health and lifestyle goals.

Q: What topics can we discuss?

A: You can talk about almost anything health related, such as reducing stress or quitting smoking; wellness topics such as nutrition, exercise and weight loss; and health items such as improving high blood pressure and high cholesterol.

Q: Is health coaching confidential?

A: Yes. Your Personal Health Information (PHI) is protected by the Health Insurance Portability and Accountability Act (HIPAA) and the Health Coach “Code of Conduct.” Your managers and coworkers cannot access your PHI.

Q: Why are we getting an onsite Health Coach?

A: Cigna and your employer are committed to your health – both physically and emotionally. As part of your employer’s Healthy Life strategy, onsite health coaching is another example of a continued investment in you and your health.

To schedule a Health Break:



- › Call
- › Email
- › Drop by

Together, all the way.®



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