



Wellness Coaching for global employers

Promote overall health and wellbeing



The demand for workplace wellbeing is going up, as employees feel the impact of working remotely.

More than 50% of employees report increased musculoskeletal pain compared to when they last worked at the worksite.¹ Additionally, more than 60% of employees reported an increase in worry and anxiety, which impacted their sleep.²

Optum® Wellness Coaching provides your global employee population support and encouragement in the form of nonjudgmental coaching. A wellness coach connects employees with tools and resources to help them meet with their health and wellbeing goals.

Dedicated coaching support for every environment

Along with having a background in overall wellness and wellbeing, your wellness coaches will be credentialed, certified and experienced in both your corporate and local cultures. The responsibilities and expectations of your wellness coach may include:

- Developing marketing materials such as emails, flyers and onsite programme promotion
- Meeting one-on-one with employees – onsite or virtually – to promote behaviour change
- Developing and compiling satisfaction surveys throughout the programme
- Collecting and analysing programme data



40%

of global employers offer wellness coaching as part of their health and wellness strategy.³

Most commonly addressed topics include **exercise, nutrition and stress.**⁴

Driving behaviour change

Wellness coaches will work to build trust with your employees, no matter where they are on their journey, helping them create and realise their unique goals. Whether they prefer to work individually or in a group setting, Optum has them covered.

Individualised programmes guided by a personal coach

- Guidance and accountability from a real person
- Personalised plan to suit individual needs
- 10 focus areas, such as stress, weight, sleep, nutrition and exercise

Group learning with coaching support

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

Wellness Coaching results

82%

of participants felt more in control of, and saw improvements in, their health and wellbeing.⁵

98%

of participants experienced positive emotions, such as confidence, support, comfort and hope.⁶

Learn how we can help bring your company's wellness vision to life.



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1. Bevan S, Mason B, Bajorek Z. IES Working at Home Wellbeing Survey: Interim Findings. Institute for Employment Studies (IES). April 2020. employment-studies.co.uk/resource/ies-working-home-wellbeing-survey. Accessed 8 May 2022.

2. Ibid.

3. Optum 2022 International Wellness in the Workplace Benchmark Study.

4. Ibid.

5. Optum 2018 Member Satisfaction Survey.

6. Ibid.

The information provided is for informational purposes only and is not a substitute for a doctor's care. Any health and wellness programme should not be used for emergency or urgent care needs.

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