



Place personal growth within reach for employees with the support of a coach



# Go365<sup>®</sup> Healthy Life Coaching

Go365 takes a whole-person approach to support your employees' well-being. As part of Go365, your associates can access professional, highly personalized coaching to help them create and carry out their health and life goals.

## Enabling self-care and resiliency

Healthy Life Coaching supports your employees by:

- Clarifying goals and priorities
- Creating personalized action plans
- Promoting motivation and self-confidence
- Providing accountability and support

## Well-qualified and caring coaches

Our coaches are trained to assist your employees in the moment, flexing between different strategies that best meet their needs. Our telephonic coaching service is an approved training program by the National Board for Health and Wellness Coaching (NBHWC). Our coaches specialize in supporting behavior change and most hold advanced degrees and/or nationally recognized professional licensures. Note: Our coaches do not provide medical advice.

## Expert support driven by science

Our approach is science-based and thoughtful, using elements from Positive Psychology and Intentional Change Theory to Motivational Interviewing, Appreciative Inquiry and more.

## Useful, effective coaching

Coaches help your employees align their priorities with their actions, as well as unlock internal motivators to maintain positive changes in key life areas, including:

- Job satisfaction and career development
- Work-life balance and life purpose
- Stress, health risk factors and sleep management
- Relationships, parenting and caregiving
- Healthy eating and weight management
- Physical activity
- Financial well-being

**Talk with your Humana rep for details on Healthy Life Coaching.**



Go365 is not an insurance product and is not available with all Humana health plans. This is a general description of services which are subject to change. Product features may vary by client. Please refer to Customer Support for more information. Wellness coaches do not provide medical advice and should not be used in place of consulting a medical professional. In Kansas, Humana agents and sales representatives are prohibited from conducting pre-sale conversations with clients regarding Go365, EAP, or other value-added services.