ON-SITE WELLNESS COACHING FOR GLOBAL EMPLOYERS

As a Global Fortune 15 provider of employer-based fitness and wellness solutions, we have been providing well-being coaching to employees since 1985.

Optum On-Site Wellness Coaching provides your global employee population with in-person support in the form of nonjudgmental 1:1 and group coaching.

Your wellness coaches will be credentialed, certified and experienced in both your corporate and local cultures.

Coaches will build a sense of trust with your employees, no matter where they are on their journey toward well-being, helping them create and realise their own unique goals.

Whether your employees prefer to work individually or in a group setting, Optum has them covered.

Learn how we can help bring your company’s WELLNESS vision to life.

Individual
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
Group learning with coaching support
• 12-week programme with structured content and goal-setting
• Instructor-led active learning and moderated discussions
• Access to 1:1 coaching for additional support as needed

Drive employee satisfaction and attract new talent with wellness coaching support

In the United States, at companies just like yours:
• 82% felt more in control of, and saw improvements in, their health and well-being*
• 98% experienced positive emotions, such as confidence, support, comfort and hope*

* 2018 Optum Member Satisfaction Survey