

2016 Wellness Incentive: Telephone Health Coaching

What is the Telephone Health Coaching Program?

This free program offered by United Healthcare provides confidential one-on-one support by phone with a knowledgeable coach. You can get help with:

- Weight loss
- Quitting tobacco
- Nutrition
- Fitness
- Stress management
- Diabetes lifestyle
- Heart health



What will I gain from the program?

After enrolling, you will talk with a Wellness Coach by phone about your wants, needs and what may be holding you back. You will build a personalized health action plan for making small changes that work for your lifestyle. You will have regular 10 or 20 minute phone calls until you reach your goals. For your convenience, the phone calls are planned around your schedule. Your coach will give you answers, information, motivation and resources to help.

How do I enroll?

Call OptumHealth at 800-478-1057. An OptumHealth representative may ask you which target biometric values you were unable to meet or for details about your chronic condition in order to connect you to the program that's right for you. If you are identified as qualifying for the program through your biometric or health survey results, an OptumHealth representative may also contact you.

What incentives can I earn?

You can earn 12,500 reward points or \$50 cash.

How long does it take to complete a Telephone Health Coaching Program?

Each program takes between two and six months to complete, and on average includes three to five calls scheduled at your convenience with a Wellness Coach.

Can I enroll in more than one Telephone Health Coaching Program at a time?

No, you can only enroll in one Telephone Wellness Program at a time. You may participate in more than one during the year but you are eligible only once during a calendar year to earn the incentive. An OptumHealth Wellness Coach can help you select the best program for you.

Can I enroll in a Telephone Coaching and a [Disease Management Program](#) at the same time?

Yes.

How do I get more info?

Visit www.uhccoaching.com/wellness.