

# EMPLOYEE WELLNESS PROGRAM

with Dr. Jaya Prakash (Coach Jaya)

CoachJaya4Health, LLC



Empower and protect your most valuable asset - The Human Asset!  
Healthy employees are happy and productive employees.


## Why Health Coaching as a part of your employee wellness program?

### For Employees: Personalized Approach

- Health coaching provides unique solutions for a busy professional's life
- Provides personal accountability and caring support
- Empowers the employee for lifelong success
- Convenience- availability at the workplace and follow up via phone or web
- Confidential and professional coaching

### For Employers:

- Healthy employees are more productive employees
- Cost savings on health related issues
- Fostering greater loyalty as it demonstrates that the employer cares for the employee as a person.
- A healthy work environment is less stressful and improves morale.
- Convenience - Coach Jaya comes to you.

 *Studies have demonstrated the effectiveness of Health Coaching*

## CONTACT COACH JAYA TODAY!



 Dr. Jaya Prakash, MD, MPH, Certified Health Coach

 630.715.6881

 CoachJaya@CoachJaya4Health.net

 Book your appointment: CoachJaya4Health.net



**Coachjaya4health, LLC**

Take Charge of Your Health

## WHY COACH JAYA?

Dr. Prakash is a Certified Health Coach, owner of CoachJaya4Health.net and known as "Coach Jaya". "Coach Jaya" offers everyday solutions that work to reduce stress and anxiety. Some of the important strategies that she focuses on are deeply rooted in the practice of Mindful Awareness Meditation. She has walked the walk! Check out her story at CoachJaya4Health.net

Dr. Jaya Prakash is an experienced teacher, scientist, and trained physician with more than three decades in healthcare advocacy.

She works with individuals and employers to offer a simple comprehensive lifestyle management program to help them achieve and maintain optimal health including controlling their Diabetes, high blood pressure and high cholesterol.

She brings this expertise to you because is she passionate about YOU and YOUR ORGANIZATION'S health!

## WELLNESS PROGRAM ELEMENTS WITH COACH JAYA

- **One on one sessions with Coach Jaya** - these confidential sessions focus on the most important health concerns which produces stress for the employee
- **Lunch time education** seminar focused on one health and wellness topic e.g. Combating Chronic Stress on Daily Basis
- **Report to the employee and the employer wellness coordinator (Measurable outcomes)**
  - Employee- results of Perceived Stress Test, Cardiovascular risk profile, Wellbeing evaluation
  - Employer- Utilization data, Employee satisfaction survey, Follow up data, Coordinator survey
- **Follow up:**
  - Employee: One follow up call via phone or web (Zoom) typically 2 weeks after the seminar
  - Employer: Survey data and follow up scheduling
- **Employee direct services:** Employees can directly book for a private individual sessions with Coach Jaya, outside of Employee wellness program.

**Dan G. :**

*My cardiologist referred me to Coach Jaya. I have not only lost the weight, but gained energy to workout, Now I can be there for my grand kids and family every day! I learned the healthy lifestyle for life.*

**Jan P :**

*Coach Jaya has helped me so much. She always has solutions to my most trying obstacles. It is comforting to know she is only a phone call away. She has helped me lower my HA1c 2 points in a short period of time. Having someone to share in your Journey is even more powerful knowing they went and are going through the Journey themselves.*

*Disclaimer: Coach Jaya wellness consultations and education seminars are not medical or counseling sessions. We recommend consulting with your healthcare provider for your specific medical and counseling needs.*

### Clinical studies supporting the effectiveness of Health Coaching:

1. Adams SR, Goler NC, Sanna RS, Boccio M, Bellamy DJ, Brown SD, et al. Patient Satisfaction and Perceived Success with a Telephonic Health Coaching Program: The Natural Experiments for Translation in Diabetes (NEXT-D) Study, Northern California, 2011. Prev Chronic Dis 2013;10:130116. DOI: <http://dx.doi.org/10.5888/pcd10.130116>
2. M. Arterburn<sup>1</sup>, C. D. Coleman<sup>1</sup>, J. Kiel<sup>1</sup>, K. Kelley<sup>2</sup>, L. Mantilla<sup>2</sup>, N. Frye<sup>1</sup>, et al, Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity <https://onlinelibrary.wiley.com/doi/full/10.1002/osp4.312>