

**BULLETIN BOARD**

**LifeWork Strategies**

**Adventist HealthCare (AHC)**

**-Healthy Pregnancy and Beyond-**

**Account Manager:**  Mary Walinchus

**Company Program Details**

This is an **educational/resource**-based program for employees that are growing their family via pregnancy, surrogacy, or adoption. Despite this program not being a behavior change program, LWS still wants to grant them access to 6 health coaching sessions to work through their health and wellness goals no matter where they are in their journey.

* **Start/End Date Healthy Pregnancy:** January 1 – December 31
* **Company ID:**  LifeWork Strategies
* **Registration** **code**: AHC-HP

\*\*In the SOAP notes in ‘S’: note the program and number of calls. Example: HP- call 1/6

* **# sessions:** up to a **CAP of 6** coaching sessions. This is an optional program, they can have up to 6 calls but do not have to complete all 6 calls.
* **Incentive**: Benefit of talking through goals with family planning
* **Spacing**:  at least 1 week apart
* **Eligibility:** Employee only
* **Scheduling calls**: Log in [www.catalystcoaching360.com](http://www.catalystcoaching360.com)
* **Branding:**   introduce yourself as the health coach through LifeWork Strategies
* **Questions/concerns/Customer Service:** Lifework Strategies at (240)826-2797

**Procedure to advocate for more sessions for AHC, CM, and HP clients:**

* Clients who are engaged with the coaching and working on a specific goal, the coach may advocate for additional sessions. *This option is not discussed with the client.* The decision to request additional sessions is based on the coach’s judgment.
* The coach can request more sessions *after the 3rd AHC session / 5th CM session* / 5th HP session
  + AHC – may request X number of additional sessions
  + CM – may request X number of monthly sessions
  + HP – may request X number of additional sessions
* Please email your request to Mary by Friday at noon Mountain Time. Mary will send a list of requests to LWS and will respond back to you with a decision as soon as she receives confirmation. Please do not schedule or complete a session above the cap until you hear confirmation of approved sessions.
* **Approved**: Messaging to the clients from the coach if they are approved: During the last coaching session*: “I went ahead and submitted a request to see if we can continue with more sessions and was able to get approved for (# of monthly calls, # of calls) moving forward. Is that something that you would like to do*?”
* **Decline**: If LWS does **not** approve additional sessions for a client, **the coach will not discuss the process**. The coach will let the client know: “*The cap for the calendar year is 4 (or 6). If your goals change in a few months or something new is going on in your life where it seems like coaching would be helpful, you may schedule a call on the calendar.”* There needs to be a new goal or a life change in order to schedule another call.
* If the client does schedule another call in a few months to discuss a new goal or due to a life change, the coach completes the scheduled coaching session and evaluates to see if additional calls will be meaningful/justified. If warranted, please email Mary to add the client to the weekly list for approval from LWS with a note stating “this is due to a new goal/or due to a new life event”.