



Wellness Program Proposal

February 17, 2020

The Wellness Council of Arizona provides management direction and coordination of wellness activities in regards to the development and delivery of employee health promotion initiatives related to body management, weight management, nutrition, physical activity, stress management and self-care. These are advanced through awareness campaigns, educational offerings, behavioral change encouragement and can include health coaching, educational formats, incentive processes along with data collection and aggregate summaries.

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Health Coaching:

- 70 hours of delivery: Includes 1 monthly onsite visit with 4 hrs of health coaching/activities, 1 hr of follow up (follow up to occur off site), includes travel costs.
- Monthly Health Coaching reports – Total sessions, new sessions, follow ups with blinded topics.
- Health Coaching to include awareness campaigns, educational offerings and behavioral change initiatives. Campaigns and topics to be determined.
- Health Coach will aid in the advancement and integration of other contracted providers such as the Health Plan, EAP, Disease Management and Safety.

Infrastructure Support:

- Wellness Council of Arizona office staff provides reporting, desktop publishing and customized communication originals (printing provided by the organization).

Projected Fees:

Annual bundled pricing

- **Health Coaching**
 - \$6,000.00 annually can be invoiced monthly at \$500.00. Any requested additional health promotion delivery hours above the 70-hour base will be invoiced at \$60.00 per hour and must be pre-approved by the organization.

Fees based on availability of a Health Coach traveling from Yuma, AZ

