

Health coaching offers a different approach to success

Security Health Plan health coaching is different. The health coaches at Security Health Plan use a different way to help members be successful in areas like losing weight, quitting tobacco and managing stress.

The path to health and wellness is not an easy one. It comes with ups and downs, struggles and triumphs. Many simply give up after hitting roadblocks. Staying active and eating right seems simple enough—but there's more to it than that.

People need support, guidance and encouragement. They need someone to help keep them on track, to tell them it will be okay and to help them set goals and celebrate the small victories. That's where Security Health Plan's health coaching comes into play.

The health coaches at Security Health Plan support members to reach their health goals. They help guide and keep them on the path to a healthier lifestyle. They're here to listen when members have had a bad day. They don't judge but become partner, friend and ally. With their help members can do anything they set their mind to.

This has been the experience for Eau Claire Area School District employee Kris Nilsson.

Time for a change

Nilsson has been a member with Security Health Plan for four years. When her employee wellness program required her to complete the health coaching program, she really took advantage of what her Security Health Plan coverage offers.

As part of the ECASD employee wellness program, those who complete the program receive a lower premium. The program has an online health assessment, preventive exam and biometric screening. All biometric health targets must be met or employees must complete an alternate activity. One of the alternate activities is Security Health Plan's health coaching program.

Although skeptical of a new program, Nilsson was at a point in her life that she wanted to try something new. So she called Security Health Plan and began her health coaching path. Nilsson was contacted by Security Health Plan health coach Anna Stichert. Stichert became Nilsson's health coach at a time Nilsson knew she needed a change. She had tried numerous programs in the past with little to no success. But as soon as she talked with Stichert, she knew this would be different.

“Anna was so bubbly on the phone—we hit it off right away,” Nilsson said. Stichert and Nilsson spoke on the phone a few times each week. As a health coach, Stichert supports, motivates and guides individuals towards living a healthier life.

“I listen to the concerns of the individual. I don’t tell anyone what they need to improve on, they tell me,” Stichert said.

Stichert and Nilsson worked together for over a year and the results are amazing. With the help of Security Health Plan’s health coaching program, and a newfound friend, Nilsson lost over 80 pounds and over 43 inches in eight months. Nilsson credits her success to having Stichert there for her anytime. “The coaching was a huge piece to my success story. It’s someone that holds you accountable. Anna gave me her number and I was able to call her at any time. That felt good if I was having a bad day,” said Nilsson.

Although Nilsson had tried other weight loss programs in the past, there was something missing for her. She needed the support and sense of togetherness that this program gave her.

“For some people, they need more guidance, Kris did not. She knew what she needed to do. Kris needed a cheerleader. I was her cheerleader on the good days and the bad,” said Stichert.

Stichert saw changes in the weekly phone calls with Nilsson: “Kris made so much progress with new healthy habits. The greatest change I saw was more self-confidence and a positive outlook.”

“Weight has been an issue all my life. But I finally found the golden ticket in coaching. I feel like I’m in the best health of my life,” Nilsson said.

With the support and guidance of Stichert, Nilsson was able to make a long-lasting change. She is motivated to set more goals for herself on her wellness journey. She recommends this program to anyone wanting a change. For her, community and support made all the difference.

Employees like Nilsson who have participated in Security Health Plan’s health coaching and wellness program are not only healthier, but more productive at work.

“Someone who is happier and healthier means they bring so much more to the organization,” said Kay Marks, the school district’s executive director of human resources. “Not only for themselves, but those they work with like students, parents or colleagues.”