

# MEDeCOACH™

Connecting to Better Health

## About MEDeCOACH™

MEDeCOACH™ is a web-based health improvement system that coaches people to better health. We deliver measurable, cost effective programs aimed at changing lifestyle habits-stress, poor nutrition, and lack of activity-that affect overall health status.



The Keys to Better Health are at Your Fingertips.

## Our Philosophy

Connection is the key. Information alone is not enough for lasting change. MEDeCOACH™ connects your employees with the coaches, tools and information they need to provide the long-term support necessary for successful change.

We promote small, healthy changes through everyday choices. We tailor practical, useful, real-life steps your employees can take to overcome their personal health challenges. Not all at once-just one action at a time. The results? A healthier and more productive workplace along with objective, measurable results.

## The MEDeCOACH™ System

The MEDeCOACH™ system is a comprehensive health improvement system including:

**Lifestyle Assessment** - identifies common conditions, physical activity, preventive screening, pain, behaviors and barriers to health.

**Courseware** - tailored for each employee, the short action emails engage employees in learning and practicing new healthy skills.



**eCoach™** - actions chosen by the user, trigger health coach email messaging which offers encouragement, problem solving, and step-by-step action plans to teach employees how to set and reach achievable goals and avoid behavior traps.

**eBuddy™** - group discussions and peer support to end isolation and ensure that daily struggles become shared successes.

**coachPRO™** - our live coaches are a click away from your employees. Trained professionals with powerful management tools and expertise, MEDeCOACH™'s coaching team guides users to healthy successes.

**Tracking Tools** - employees chart actions and record biometrics so they can see their progress.

**Employer Tools** - on-line aggregate data for employers; participation, demographics and results.

**Contact us** today and learn how to get connected!  
E-mail: [info@medecoach.com](mailto:info@medecoach.com) Phone: 713.863.8844,  
Click: [www.medecoach.com](http://www.medecoach.com)

## The MEDeCOACH™ System

LIFESTYLE ASSESSMENT   coachPRO™   eCOACH™   eBUDDY™   COURSEWARE   EMPLOYER TOOLS   BIOMETRIC TRACKING

