

2011 Get Healthy Now (GHN) Wellness Coaching Programs

Coaching Program:	<u>Empowered Health Coaching Program</u> PRIMARY (<i>main</i>) Qualifier for \$40 monthly premium incentive	<u>Get Healthy Now on-site Wellness Coaching Program</u> SECONDARY (<i>supplement</i>) Non-qualifier for \$40 monthly premium incentive
Eligibility Criteria	Employees enrolled in UofL's medical plan AND in Get Healthy Now (requires annual completion of HRA*).	All employees are eligible, even those who waive the University's medical benefits.
Method of Delivery	Telephonic / Electronic message board	In-person (face-to-face)
Premium Incentive (\$40)	Participation is required only if HRA indicates medium-to-high health risk.	None
Participation Requirements	Maintain monthly contact with Empowered Health Coach.	None
Coaches	Health Fitness Corporation Certified Health Coaches.	UofL certified wellness coaching staff and student interns pursuing an Interdisciplinary Wellness Coaching Minor.

*[Health Risk Assessment \(HRA\)](#)

For more information about Get Healthy Now Wellness Coaching:

<http://louisville.edu/hr/gethealthynow/wo/wellnesscoaching.html>