



Nurse Holistic Health Advisor

1-877-747-1113 | (Option 7, Option 4)

A StayFit Plan Advocate Program

Confidential Services That Build Trust and Support Healthy Living



A BEGIN nurse holistic health advisor is available to explain individual

biometric results to each employee. Employees speak directly with a licensed nurse trained in traditional and holistic health practices. Together, the employee and nurse set goals, develop a personalized plan for wellness, and address relevant health & wealth-related issues.



Our nurse holistic health advisors are available by telephone to respond

to questions on nutrition, smoking cessation, exercise, stress management, and other topics. Employees also have access to all of their own unique information, personal tracking tools and resources, as well as education through the StayFit Plan customized portal.



While individual results are completely confidential, you, as the employer are able

to obtain participation rates and receive results on the program's overall success through aggregate reporting.



Telephonic Nurse Holistic Health Advisors

- Licensed & registered nurses/ medical case managers
- Credentialed holistic health advisors
- Assist in development of Personal Health & Wealth Goals

Knowledge Base

- **Treatments and therapies based on conventional and alternative medical practices**
- **Exercise recommendations**
- **Nutrition Support**
- **Stress Management**

Objectives

- Average length of BEGIN session is about 20-30 minutes
- Goal-directed—nurse professionals skilled in assessing individual's needs based on Health Index Calculator
- Explain individual biometrics results to identify areas for improving/maintaining long-term health habits
- Work with participants to develop action plans for realistic change and improvements
- Provide resources and education to participants on integrative approaches to medicine, treatment & advice
- Provide follow-ups to scheduled physician appointments to provide assist with resources and guidance