

# Work, Health & Life: Health Coaching

Mental health is never one-size-fits-all. Here at Inkblot, we understand that it often takes more than just therapy for your employees to live and feel their best.

That's why, as part of our Employee and Family Assistance Program (EFAP), Inkblot offers Work, Health & Life services to provide support across the health spectrum and optimize your team's total well-being. Our vast network of over 100 different types of practitioners is here to help employees and their families navigate life's many challenges and achieve their personal goals.

## WORK, HEALTH & LIFE: HEALTH COACHING

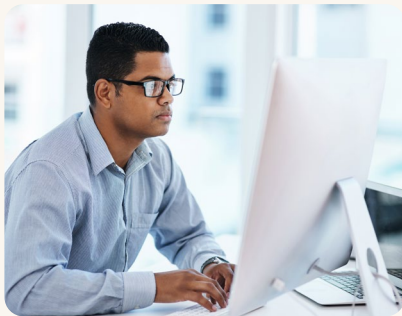
### Our practitioners include, but are not limited to:

- Registered nurses
  - Occupational therapists
  - Pharmacists
  - Chronic disease health coaches
  - Cancer coaches
  - Addictions coaches
  - Certified diabetic educators
  - Registered dietitians
  - Holistic nutritionists
  - Naturopathic doctors
  - Relationship coaches
  - Sexual health and wellness coaches
  - Indigenous knowledge keepers
  - Smoking cessation coaches
  - Ergonomists
  - Parenting coaches
  - Eldercare
  - Adult sleep coaches
  - Fitness coaches
  - Registered kinesiologists
  - Yoga coaches
  - Doulas
  - Certified childbirth educators
  - Pediatric sleep coaches
  - Lactation consultants
  - Pediatrics
- And more



## How It Works

We offer whole health assessments and provide meaningful recommendations to help your employees and their families take advantage of all our services.



1

Employees submit a request for Health Coaching via their Inkblot account or by calling Inkblot directly. They will then receive a comprehensive consultation/assessment completed by a nurse on Inkblot's health services team.



2

The nurse works with them to create a customized care plan that best supports their needs and long-term health improvement.



3

Employees will be provided health education, access to resources, recommendations, or referrals to experts within Inkblot's network.

## Our Comprehensive Care Approach

# The Inkblot Client Journey



**Profile:** Abbas  
Age 55 · Administrator  
Inkblot EFAP Client

### 1 Submit Request





After his recent hypertension diagnosis, Abbas has recognized that he needs to make some lifestyle changes to prioritize his health. Through the Inkblot dashboard, he sends a request for health coaching services to help him reduce his blood pressure. Within 24-72 hours, an Inkblot nurse reaches out to schedule Abbas's initial virtual consultation to better understand his concerns and build a care plan.

### 2 Health Assessment

The nurse performs a complete health assessment, which includes an evaluation of Abbas' nutritional status, medical history, medication, sleep patterns, mental health and more. She identifies that Abbas's physical activity has significantly decreased over the last two years as he has transitioned to a work-from-home role. He also mentioned he started taking ginseng supplements to boost his energy, but that generally his diet consists of processed foods. Lastly, Abbas explains that he is experiencing increased stress leading him to resume cigarette smoking.

### 3 Customized Care Plan

Taking Abbas's full health profile into account, the nurse creates a customized care plan with referrals to practitioners that are best-suited to support Abbas with his total health and well-being. This includes referrals to:

-  **A registered dietician** specialized in cardiac health and reducing blood pressure.
-  **A registered kinesiologist** to work with Abbas on incorporating safe physical activity into his daily life and lowering hypertension.
-  **A smoking cessation coach** trained to provide smoking cessation counselling and improve health outcomes.
-  **An Inkblot therapist** to help Abbas in developing effective stress reduction strategies.

### 4 Prevention

Finally, the nurse explains the signs and symptoms of elevated blood pressure and when to seek emergency care. She provides health education about the use of ginseng, explaining how it can raise blood pressure, and encourages Abbas to discuss use of these supplements with his physician.

**In this holistic approach, Abbas is supported in a full circle of care that allows for the most effective utilization of employer-sponsored resources and the best support of his long-term health.**

\* All the services recommended in this care plan are covered within each employee's employer-sponsored EFAP program.