

WE WANT
TO HELP
YOU...

THRIVE@GVSU

A wellness coaching program

What is Thrive @ GVSU? Thrive @ GVSU is a voluntary, confidential and free three month* wellness coaching program available to all medical benefit eligible faculty, staff, spouses and household members. Participants in the Thrive @ GVSU program partner with a coach telephonically and through the Wellbeing Hub via the Priority Health website.

Why is the university offering Thrive @ GVSU? Grand Valley State University deeply values good health and well-being among its faculty and staff community. The goal of Thrive @ GVSU is to encourage sustainable, healthy lifestyles that prevent chronic disease, health conditions, and emotional and financial stressors. The program aligns with the university's strategic plan and [healthy campus initiative](#).

Why wellness coaching? Coaching brings wellness to the individual level and helps participants work on specific areas that are important to them. The program is designed to meet participants when and where they are available. One-hundred percent of faculty and staff who participated in a post-coaching survey were satisfied with their wellness coaching experience! [Follow this link](#) to read what GV faculty and staff have to say about coaching.

Who is administering the Thrive @ GVSU wellness coaching program? To protect your privacy, Grand Valley State University has contracted with Priority Health to administer coaching.

What training do coaches receive? Priority Health coaches have received wellness and health coach training, and they've passed written and oral exams from a nationally recognized certification organization.

- *Enroll during the Open Enrollment period in the fall (register your spouse or household member at this time as well).*
- *Priority Health's online wellness platform allows for faculty and staff to redeem their electronic gift card directly from the online store upon completion of the three-month program. ***

*Program is 1-3 months depending on the participant's goals.

**Rewards are taxable. If a dependent earns a gift card for participating, the faculty/staff member will be taxed.

Learn more about how to invest in your wellness to improve your life now and in the future: www.gvsu.edu/hro/benefitswellness/thrive.

BENEFITS & WELLNESS

gvsu.edu/hro/benefitswellness



GRAND VALLEY
STATE UNIVERSITY
HUMAN RESOURCES

WELLNESS COACHING TRUE OR FALSE?

Will participation in the coaching program affect my insurance coverage or benefits? No. Your participation will not affect your insurance coverage or benefits, nor will they be disclosed to your insurance company or your employer without your permission.

Will any of the information obtained through this program be shared with my manager? No, the confidentiality of your personal health information is protected.

What happens with the information I provide? Information collected from Thrive @ GVSU is treated as confidential. By agreeing to Priority Health's privacy statement, you are allowing Priority Health to view your health questionnaire information and to advise on health improvement strategies. GVSU will have access to aggregate data of the GVSU community who participates in the program. Individual information will not be disclosed to GVSU.

What happens to the results and health information I share with a Priority Health coach? Information collected from coaches is treated as confidential. Priority Health coaches will use the health information that you provide to better understand potential opportunities for engagement and conversation. Priority Health treats your information as confidential. Only aggregate (group) de-identified data is used to help the university better understand the collective health of our faculty and staff and to assist with planning future programs that address the needs of our community. Be assured that the confidentiality of your personal health information is protected.

Medical Disclaimer: Information presented is for educational purposes only and is not meant to substitute for the advice of a doctor or other medical professional. Always consult with a qualified medical professional before beginning any health or wellness program.

Will I be penalized if I don't participate? No, participation is voluntary.

Q: The Priority Health coach will share what we talk about with GVSU which could impact my employment.
A: FALSE. The program complies with HIPAA requirements. GVSU does not receive any personal information discussed in the coaching sessions.

Q: The only reason to work with a wellness coach is if something is wrong with me.

A: FALSE. Coaching can be a tool for anyone wanting to set goals around topics in financial planning, stress management, family dynamics, and nutrition and weight management efforts. You may also want a coach if:

- You're running low on motivation. A wellness coach can help you build confidence, provide support, and offer inspiration.
- You need someone on your side. Your coach is like a really knowledgeable friend who's there to listen, ask good questions, and keep you on track with your goals.
- You need help recognizing successes. A wellness coach can help you identify wins and celebrate your progress.
- You need extra support. Wellness coaching can enhance and support other wellness programs you participate in like Jenny Craig®, Weight Watchers®, or fitness classes.

Q: Wellness Coaching is not the same as working with a counselor or therapist.

A: TRUE. Priority Health coaches are trained professionals that have passed written and oral exams from a nationally recognized certification organization and are available to help GVSU faculty and staff work toward meeting self-identified goals. A coach is not a licensed therapist; if a situation arises where the coach recognizes they may be out of their scope of practice, will suggest the appropriate referral for the member. Coaches will not make referrals without member consent unless there is reason to believe members may cause harm to themselves or others.

Q: A wellness coach is a supportive resource in addition to your health care professional, therapist or social worker.

A: TRUE. Working with a coach can supplement any work being done with your health care professional, therapist or social worker.

Q: Wellness Coaches will tell me what I need to do.

A: FALSE. Wellness coaches ask questions of members, allowing members to identify the best starting point, discussion topics, and preferred route for action.

- Your first coaching session: You and your coach will develop personal goals, an action plan, and review your health assessment results.
- Additional coaching sessions: You'll work with your coach to review your progress toward your goals, explore and resolve challenges, and set your goals for the next session.